

# Healthful Eating For Your Family

Healthful eating is important to you. After all, you want your family to have energy, be healthy, and stay well. You want your child to grow properly. You control your family's food choices more than you may think.

## Guidelines ... For Your Family's Health!

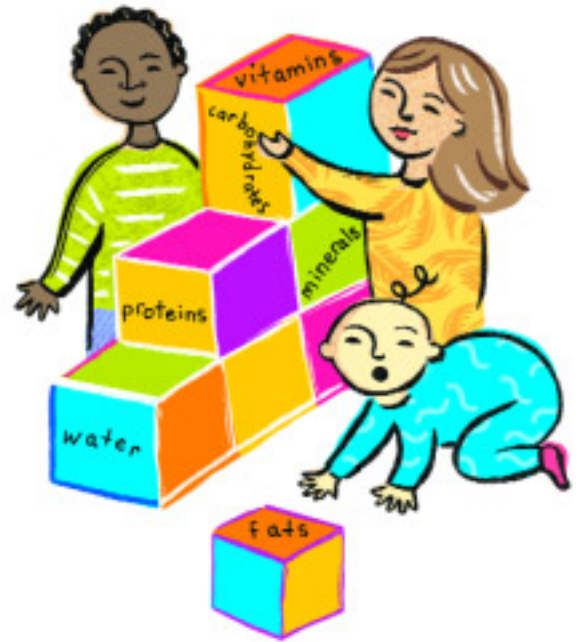
The *Dietary Guidelines for Americans* can be your family's guide to smart eating and active living. This advice is meant for anyone in your family, ages two and over.

### Aim for Fitness ...

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

### Build a Healthy Base ...

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.



### Choose Sensibly ...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation. (*This guideline is for adults in your family – not for kids.*)

#### Try this:

For more about *The Dietary Guidelines for Americans*, check this website:  
[www.cnpp.usda.gov](http://www.cnpp.usda.gov)

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# Healthful Eating For Your Family

## Make Healthy Choices

Healthy choices that fit your lifestyle can help you do the things you want to do. Here are some easy steps you can take. Add your own ideas!

**Be Realistic:** Make small changes over time in what you eat and in the level of activity you do.

After all, small steps work better than giant leaps. You can:

- Add one more fruit or vegetable to family meals this week. Work up to five a day.



*Your idea:*

### Be adventurous:

Expand your tastes to enjoy a variety of foods. You can:

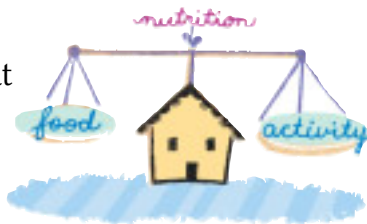
- Let your child choose a new vegetable to taste.



*Your idea:*

**Be flexible:** Go ahead and balance what you eat and the physical activity you do over several days. There's no need to worry about just one meal or one day. You can:

- Have a burger, fries, and a shake for family lunch, then make soup and salad for supper.



*Your idea:*

**Be sensible:** Enjoy all foods, just don't overdo it. You can:

- Enjoy one ice cream scoop, not two.

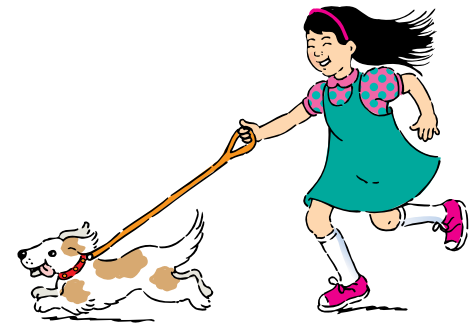


*Your idea:*

**Be active:** Walk the dog, don't just watch the dog walk! You can:

- Take a brisk family walk after supper.

*Your idea:*

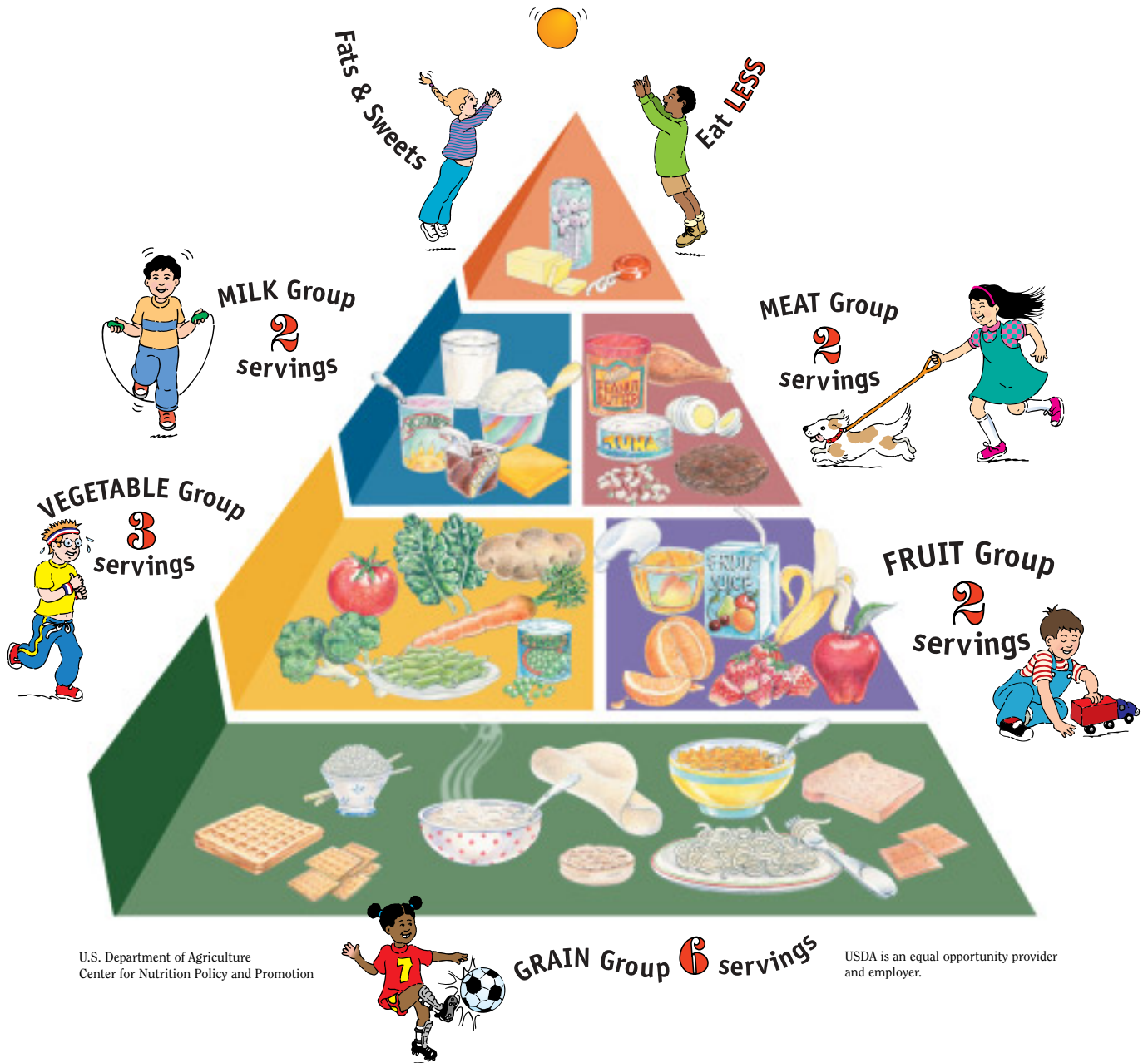


### Try this:

For more easy ways to help your family eat smart and move more, check the *It's All About You* web site. Click on the Owner's Manual at <http://ific.org/iaay>

Eat smart and move more to take care of you. That helps you have energy and health to enjoy your family, too!

# Food Guide Pyramid For Your Young Child



U.S. Department of Agriculture  
Center for Nutrition Policy and Promotion

USDA is an equal opportunity provider  
and employer.

**FOOD IS FUN** and learning about food is fun, too. Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong.

## What Counts As One Serving?

**Grain Group**  
1 slice of bread  
1/2 cup of cooked rice or pasta  
1/2 cup of cooked cereal  
1 ounce of ready-to-eat cereal

**Vegetable Group**  
1/2 cup of chopped raw or cooked vegetables  
1 cup of raw leafy vegetables

**Fruit Group**  
1 piece of fruit or melon wedge  
3/4 cup of juice  
1/2 cup of canned fruit  
1/4 cup of dried fruit

**Milk Group**  
1 cup of milk or yogurt  
2 ounces of cheese

**Meat Group**  
2 to 3 ounces of cooked lean meat, poultry, or fish  
1/2 cup of cooked dry beans, or 1 egg counts as 1 ounce of lean meat.  
2 tablespoons of peanut butter count as 1 ounce of meat

**Fats and Sweets**  
Limit calories from these.

Four- to 6-year-olds can eat these serving sizes. Offer 2- to 3-year-olds less, except for milk. Two- to 6-year-old children need a total of 2 servings from the milk group each day.

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# How Much Is Enough?

**Your child is a ball of energy! Do you ever wonder if your child is eating enough, or too much? The Food Guide Pyramid can help you. Use it to plan sensible amounts for meals and snacks, for your child – and for you!**

## How much does your child need?

Most children, ages 4 to 6, need about 1600 calories a day. Women who sit a lot need about that much, too. Most men need about 2200 calories daily. Tip for you: *The more you move, the more you can eat!*

## The following servings add up to about 1600 calories.

Bread Group	6
Vegetable Group	3
Fruit Group	2
Milk Group*	2
Meat & Beans Group	2 to add up to 5 ounces

\*Choose fat-free or reduced-fat dairy foods most often.

## This guide can help you plan the total amount your child may need for a day.

Don't use it to force more food or stop your hungry child from eating. Appetites change from day to day. And each child's needs are different!

Your child may not eat a whole serving at one time. That's okay. Half may be enough for a small stomach.

- Serve small amounts.
- Start with 1 tablespoon of each food for each year of his or her age.
- Plan for second helpings.
- Let your child's appetite guide you.

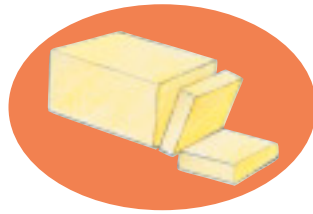


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# How Much Is Enough?

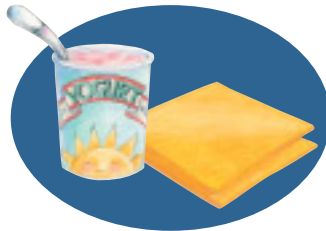
## Tip of the Pyramid

The amount depends on the calories needed. Choose foods less often that are high in sugar and fats.



## Milk Group Serving Sizes

1 cup milk or yogurt = 8 ounce glass  
1½ ounces natural cheese like cheddar  
2 ounces process cheese  
½ cup ice cream or frozen yogurt



## Vegetable Group Serving Sizes

1 cup of raw, leafy vegetables  
½ cup of other vegetables  
1 medium potato  
¾ cup vegetable juice  
10 french fries

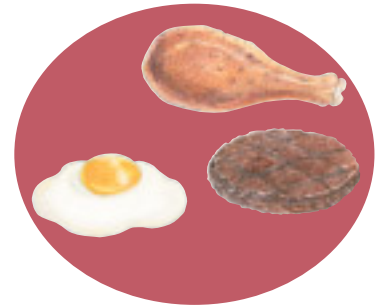


## Meat and Beans Group Serving Sizes

2-3 ounces lean meat, fish, poultry is a serving

Count as 1 ounce of meat:

⅓ cup nuts  
1 egg  
½ cup cooked dry beans or tofu  
2 tablespoons of peanut butter



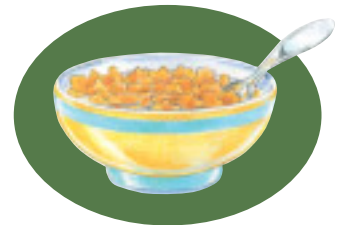
## Fruit Group Serving Sizes

¾ cup juice  
1 medium fruit – apple, banana, orange  
½ cup chopped or canned fruit  
½ medium grapefruit



## Grain Group Serving Sizes

About 1 cup dry cereal (or 1 ounce)  
½ cup pasta, rice  
tortilla, 7-inch size  
1 slice of bread  
1 pancake, waffle 4" size  
2 medium cookies  
10 tortilla chips  
3 cups popcorn



# Healthful Eating .. Food Labels Help!

**Supermarkets sell thousands of foods. How do you make healthful choices for everyone in your family? Sometimes it seems overwhelming! The food label can help you. It's easy to use, even when your shopping trip is hectic.**

Nutrition Facts on food labels tell you the calories (or food energy) and nutrients in one serving of food inside the package. Look for the nutrition information in the store, near fresh fruit, vegetables, meat, poultry, or fish, too.

- Be in control – and buy the best foods for your family.
- See how calories (food energy) and nutrients change with bigger or smaller servings.
- Compare the % Daily Values in similar foods.

## READ IT before you EAT IT!

How many servings are you eating?

**Calories in one serving** →  
For two servings, double the calories. Pay attention to choose foods for a healthy weight.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
<b>Calories</b> 250		Calories from Fat 110	
		% Daily Value*	
<b>Total Fat</b> 12g			<b>18%</b>
Saturated Fat 3g			<b>15%</b>
<b>Cholesterol</b> 30mg			<b>10%</b>
<b>Sodium</b> 470mg			<b>20%</b>
<b>Total Carbohydrate</b> 31g			<b>10%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 5g			
<b>Protein</b> 5g			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 20%	•	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000    2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### % Daily Value (DV)

Is the amount of a nutrient in one serving compared to dietary recommendations.

**Get LESS**  
5% or less is low  
20% or more is high

**Get ENOUGH**  
5% or less is low  
20% or more is high

## What's the Best Choice for You?

Use the 5%-20% Guide to Daily Values to choose foods.

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# Child Care, **What** Will My Child Eat?

Many day care centers are part of a special government program called the Child and Adult Care Food Program (CACFP). Your child's day care center may be, too. CACFP assures that meals and snacks served to your child meet government nutrition guidelines for healthful eating.



You can relax, knowing that your child can eat in a healthful way.

## What Can You Expect

If your child is 3 to 5 years old, here's what a CACFP meal or snack provides:

### Breakfast

- $\frac{3}{4}$  cup **milk**
- $\frac{1}{2}$  cup **juice, fruit or vegetables**
- 1 child-size portion **bread, cereal, rice or noodles**

### For Lunch or Supper

- $\frac{3}{4}$  cup **milk**
- 2 ( $\frac{1}{2}$  cup) portions **juice, fruit, or vegetables**
- 1 child-size portion **bread, cereal, rice or noodles**
- 1 child-size portion of meat or alternate (meat, poultry, fish, cheese, egg, cooked beans or peas, peanut butter, yogurt, nuts or other protein food)

### For Snacks: two of any of these foods

- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  cup portion **juice, fruit, or vegetables**
- 1 child-size portion **bread, cereal, rice or noodles**
- 1 child-size snack portion **meat or meat alternate**

### Child Care Center: Things to Know

People to know

Phone

Address

Meals or snacks my child will eat:

Other things to know

### For more about CACFP meals and snacks:

**Talk to day care staff.** Some families qualify for free or reduced-price meals and snacks.

#### Check the web sites:

[www.fns.usda.gov/cnd/Care/CACFP](http://www.fns.usda.gov/cnd/Care/CACFP) or  
[www.nal.usda.gov/childcare](http://www.nal.usda.gov/childcare)

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# Child Care, **What** Will My Child Eat?

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## **You Can Help!**

**Childcare staff can help make child feeding easier for you. Together you can help your child eat healthfully and enjoy all kinds of food. Here's how you can be "partners":**

- **Tell childcare staff** – if your child has a food allergy or other food concern. Let staff know if your child must eat or avoid any foods for religious or other reasons, too.
- **Put your child's name on containers** – if you are permitted to send food.
- **Volunteer** – if you can. Tell about a new food, and help with a tasting. Help with field trips to a food store or garden or with cooking activities. Eat with the children.
- **Attend family or parent events.** Offer to bring another parent if you drive.
- **Talk to your child** about what they ate at the center. If it's a new food, make it at home, too. Children need to try new foods several times before they like them.





# Why Breakfast?

## Smart Reasons To Eat Breakfast ...

**Fuels the body with nutrients.** Your child may not make up nutrients missed at breakfast. You may not either.

**Provides food energy for the morning's active play.**

**Gets your child ready to learn** – at home, school, or day care. Kids learn better if they eat breakfast. If you eat breakfast, you may get more done in the morning, too.

**Helps keep a healthy body weight.** Breakfast helps control the urge to nibble or eat too big a lunch. Even with breakfast, young kids may need a small morning snack.

**Helps kids feel good.** Children may get morning tummy aches if they miss breakfast. These aches are usually hunger pangs.

**Tastes good!** Offer foods your child and family enjoy – even if they aren't common for breakfast.



## Smart Ways To Make Breakfast Successful!

Eat breakfast yourself. “Showing” teaches more than simply “telling.” Your child will follow what you do.

### Manage your early morning time.

- **Start making breakfast the night before.** You might mix the juice, slice fruit, or make hard-cooked eggs.
- **Go to bed earlier,** so you get up earlier.
- **Stock your kitchen** with quick-to-fix breakfast foods.

### Consider your child's needs.

- **Offer two or three food choices.** That helps your child feel in control of breakfast eating.
- **Give your child time to wake up.** Many kids aren't hungry right away. Rushing puts pressure on breakfast eating. Wake up earlier.
- **Ask your child to help with breakfast** – on a morning when you're not rushing. It can be a nice way to start your child's day. Yours, too!



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# Why Breakfast?

## Easy Ideas for Quick, Yummy Breakfasts!

If you don't have much time to make breakfast, try these easy ideas. Talk with your family. Add their ideas, too.

- Ready-to-eat cereal with milk and fruit

- Peanut butter on whole wheat toast

- Bagel with cheese

- Reheated rice, hard-cooked egg

- Grits topped with cheese

- Oatmeal with applesauce

- Pita bread and yogurt



- Toasted waffle topped with sliced fruit

- Rice and beans, with fruit

- Chicken noodle soup and fruit



- Your family's ideas:



**Drink milk, juice, or both  
with these easy breakfast foods!**

# For Growing Bones... Which Milk?

## Why Milk?

Check the Nutrient Facts panel on milk cartons to find the benefits. You'll see several nutrients that everyone in your family needs.

- **Calcium and vitamin D** for your child's growing bones and teeth. These same nutrients help your bones stay healthy.
- **Protein** for building a growing body. It also keeps your body in good repair.
- **Vitamin A** for healthy eyes and skin.

Offer milk or water to satisfy thirst. Your child needs plenty of fluids to stay healthy, too.



### Whole Milk

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 1		
Amount Per Serving		
<b>Calories</b>	150	Calories from Fat 70
%Daily Value*		
<b>Total Fat</b>	8g	13 %
Saturated Fat	5g	25 %
<b>Cholesterol</b>	35mg	11 %
<b>Sodium</b>	120mg	5 %
<b>Total Carbohydrate</b>	11g	4 %
Dietary Fiber	0g	0 %
Sugars	12g	
<b>Protein</b>	8g	
Vitamin A	6%	• Vitamin C 4%
Calcium	30%	• Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

### 2% Reduced Fat Milk

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 1		
Amount Per Serving		
<b>Calories</b>	120	Calories from Fat 40
%Daily Value*		
<b>Total Fat</b>	4.5g	7 %
Saturated Fat	3g	15 %
<b>Cholesterol</b>	20mg	6 %
<b>Sodium</b>	120mg	5 %
<b>Total Carbohydrate</b>	12g	4 %
Dietary Fiber	0g	0 %
Sugars	11g	
<b>Protein</b>	8g	
Vitamin A	10%	• Vitamin C 4%
Calcium	30%	• Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

### 1% Low-fat Milk

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 1		
Amount Per Serving		
<b>Calories</b>	100	Calories from Fat 25
%Daily Value*		
<b>Total Fat</b>	2.5g	4 %
Saturated Fat	1.5g	8 %
<b>Cholesterol</b>	10mg	3 %
<b>Sodium</b>	125mg	5 %
<b>Total Carbohydrate</b>	12g	4 %
Dietary Fiber	0g	0 %
Sugars	11g	
<b>Protein</b>	8g	
Vitamin A	10%	• Vitamin C 4%
Calcium	30%	• Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Which milk would you buy? What's different? What's the same?

Nutrition Facts on milk cartons can help you make choices for your family. Your child will get the same amount of bone-building calcium no matter what type you pick. Low-fat milk has less fat. If you prefer, look for fat-free (skim) milk.

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# For Growing Bones... Which Milk?

## Which Milk for Your Child?

Starting at age two, children can drink low-fat milk. It's a good habit for your whole family to learn. Drinking low-fat milk is one way to get less fat, especially saturated fat. That's healthy!

**If you have a child under two years,** offer whole milk after breast milk or formula. Babies and toddlers need the fat from whole milk to grow properly.

### Try this:

Drink milk to protect your bones – and your child will do what you do. The secret to success is having milk in your refrigerator. Have enough for you and your child, too.

## Change slowly to low-fat milk:

- Switch first from whole to 2% milk. When your child gets used to the flavor, try low-fat milk.
- Try chocolate low-fat milk. The flavor is about the same as in higher fat chocolate milk.
- Offer low-fat milk on cereal and in smoothies. Your child probably won't notice.





# Enjoying The Family Meal

Family meals are important. You create close bonds and lifelong memories around the family table. Family meals can teach your child about healthful eating. You just need to be a good role model. When you try new foods your child may be more adventurous with food, too.

**Try these easy ways to make family meals a pleasant part of your family routine.**



- **Set a regular family mealtime.** Regular mealtimes give your child a better chance to eat a variety of foods to get the right amount to grow, stay healthy, and keep a healthy weight.
- **Make it simple, make it quick!** Spend less time in the kitchen and more time at the family table. Simple meals, even cold sandwiches, taste as good as meals that take more work. You can make any meal special if you all feel relaxed and if mealtime is filled with caring and laughter. Simplify – to take care of you, too!
- **Show that family meals are important.** During mealtime, turn off the TV. Find another way to see favorite shows. Let the answering machine take your phone calls, too. Have your family make calls before or after the meal hour. Show that same respect for other families when you make phone calls.
- **Eat around a table.** It's easier to talk and listen to your family when you face each other. Eating side-by-side at the kitchen counter takes away eye contact.
- **Enjoy meal talk.** Make easy conversations – no nagging or complaining. Talk so everyone can be a “star” at mealtime. Don’t take over. Your child will listen and learn by feeling included.
- **Be realistic about mealtime.** Try to sit down together. Keep meals from lasting too long. If kids get fussy, your family meal won’t be fun. Wait until everyone is done to be excused.

# Enjoying The Family Meal

## “I Can Help!”

Helping with family meals makes your child feel important in your family. You get time together, too. Your child learns even when tasks aren't perfectly done. So even if you work faster alone, **ask your child to help you.**

- **Pick** flowers for the table.
- **Create** paper place mats.
- **Put** pets in another room, if they demand family attention at mealtime.
- **Clear and wash** the table. Wash his or her hands.
- **Help** with table setting.
- **Help** with simple kitchen tasks, perhaps tearing salad greens or putting bread in a basket.
- **Pour** milk, perhaps with your help.
- **Turn off** the TV. Turn on fun music.
- **Clear and clean** the table.
- **Ask** “What would you like to do to help me?” Jot their ideas down.



### Try this:

Does it seem impossible to fit family meals into your hectic schedule? Go step by step. Try to enjoy at least one family meal together each week. See what works, and plan from there.

# Healthful Choices for Vegetarian Families

Does your family eat vegetarian style sometimes – or all the time? With smart food choices, your child can get all the nutrients he or she needs. You can do it, without much effort.



**Let the Food Guide Pyramid guide your food choices.** There's lots of variety for vegetarians! The Meat Group has eggs, dry beans, tofu, soy burgers, nuts, peanut butter, and seeds for protein.

**Offer meals with enough calories, or food energy.** Vegetarian meals with lots of fiber and not much fat may fill your child up. But they may not supply enough food energy for growing, learning, and playing.

**Include foods with iron and calcium.** These nutrients need special attention from everyone, including vegetarians. Your child needs enough of both to grow properly.

**Find sources of vitamin B12 and zinc –** if your family avoids all animal products. Growing kids need both! Use food labels to buy foods with vitamin B12 added: some cereals and some soy products. Whole grains, cooked dry beans, tofu, seeds, and nuts have some zinc.

## Vegetarian Meals: Good Taste, Easy-to-Make!

Even in a hurry, you can make a vegetarian meal that's healthful and tastes good. **Try these menus!**

### Menu 1

Canned vegetable soup with cubed tofu  
Whole wheat roll  
Apple or banana  
Low-fat milk

### Menu 2

Toasted cheese sandwich  
Cole slaw  
Pudding  
Orange juice

### Menu 3

Spaghetti sauce mixed with canned red beans, over pasta  
Tossed green salad  
Cut up fruit  
Calcium fortified soy beverage

# Healthful Choices for Vegetarian Families

## For Vegetarians

Use Nutrition Facts on food labels to find these foods.

### Foods with Calcium

- Milk\*
- Yogurt\*
- Cheese\*
- Calcium fortified soy beverages are non-dairy choices
- Tofu made with calcium sulfate
- Juice with added calcium
- Breakfast cereal with added calcium
- Cooked dry beans
- Dark-green leafy vegetables (collard, turnip greens)



\* Choose mostly low-fat and fat-free products.

### Foods with Iron

- Cooked dry beans, peas, and lentils
- Whole-grain and enriched breads and cereals
- Cereal with added iron
- Spinach



*Vitamin C helps the body use iron. Offer iron-rich foods with vitamin C-rich foods: oranges, berries, some juices, tomatoes, broccoli, green pepper.*

### Consider this:

A vitamin and mineral supplement may be a good idea, especially if your family doesn't eat any animal products. Ask your health care professional first.



# Family Food Shopping: Spend Less, Get More

You probably have your own ways to stretch your food dollar. That's great. Healthful eating doesn't cost more. It might even cost less!

## Deciding What To Buy

**Buy a variety of foods from the Food Guide Pyramid.** Grains, cereals, breads, pasta, and rice tend to cost less than other foods. Your family needs the most servings from the bread and cereal group each day, too.

**Choose smaller amounts of more costly protein foods.** Beans cost less than other foods from the Meat Group.

**Go easy on foods you buy from the Pyramid "tip" – sweets, fats, and oils.**

**Buy the amount you need, not more.** Then you won't throw food away.

## Figuring Out Food Costs

**Check unit prices on store shelves –** usually below the food. They show the price per ounce, pound, quart, or some other amount. Unit prices let you compare brands and sizes to get the best buy.



## Finding More Ways To Spend Less



**Buy foods from bulk bins –** if you can. They usually cost less because you don't pay for packaging and handling. And you only buy how much you need.

**Use coupons and sales for foods you really want.** A food isn't a bargain if no one eats it!

**Check the price of foods in different forms.** Foods may cost more if they're partly prepared. You decide if you want to pay more to save time in the kitchen.

## Getting Food Assistance

Food programs in your community offer help for families who need it. **Here are some handy phone numbers:**

Food Stamp office:

WIC office:

Food pantry:

# Family Food Shopping: Spend Less, Get More

## Smart Shopping Tips

*To save your money, time, and energy!*

- Make a shopping list.** Stick to it!
- Group foods on your list to match the store's layout.** You'll shop faster. It's easier to remember everything, too.
- Try to shop after eating, not before.** You may buy more when you're hungry.
- Leave your child with a friend or sitter if you need to.** Stores put many foods that children like, such as candy and products with prizes, where they can see and reach them.
- Shop when you have time to read labels and compare prices.**
- Try to shop just once a week.** It's easier to shop smart if you shop less often.



- Take food home right away.** Refrigerate meat, chicken, and other perishable foods so they stay fresh and safe.

Check (✓) what you do already.

Circle ○ tips you can try right away.

# Family Meals – **FAST**, Healthful!

***You're running in ten directions! It's 4 p.m. You need to pick up your child at day care, stop at the store, and run several errands. And you need to get ready for an evening meeting. How do you put a healthful supper on the table, too?***

**A few timesaving steps can help you prepare an easy family meal – with less stress. Use the time you save to enjoy your family.**



## **Plan ahead.**

- **Keep meals simple!** Food that keeps your family healthy can be quick to fix. Unless it's a special occasion, spend time together, not on making time-consuming meals!
- **Cook when you have more time –** maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.
- **Do some tasks ahead –** a few hours or the day before your meal. Wash and trim vegetables or make fruit salad. (Your child can help.) Cook noodles for pasta salad. Cook lean ground meat for tacos.



## **Three Quick-To-Fix Family Foods**

- **Hearty soup:** Add canned or frozen vegetables to tomato or chicken soup.
- **Pasta dish:** Mix chopped lean ham or deli meat, and cooked vegetables into macaroni and cheese.
- **Hearty stuffed potato:** Serve homemade or canned chili over a baked potato or rice.
- **Your ideas:**



# Family Meals – **FAST**, Healthful!

## Shop for time savers.

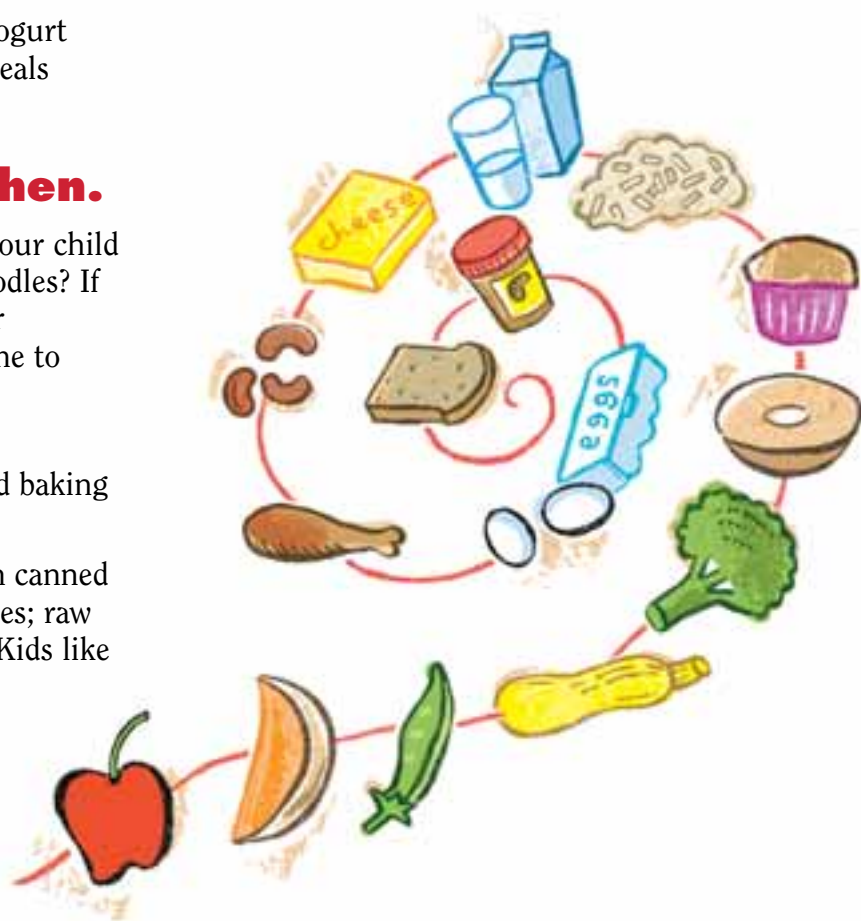
- **Buy partly prepared foods.** Try grated cheese, cut-up chicken, and mixed salad greens to save time. These foods often cost more, so check the price.
- **Stock your kitchen.** Get foods that you can make and serve in a hurry, such as:
  - Canned fruit
  - Canned or frozen vegetables and beans
  - Canned meat, poultry, and fish
  - Canned soups or stew
  - Whole-grain bread
  - Pasta
  - Rice
  - Cheese
  - Low-fat yogurt
  - Frozen meals

## Save time in your kitchen.

- **Cook once for everyone.** Does your child like plain vegetables, meat, rice, or noodles? If so, set some aside before you add other ingredients. You won't need to take time to prepare different foods.
- **Cook a fast way.** Broil, stir-fry, or microwave when you can. Roasting and baking take longer.
- **Make no-cook meals:** salads with canned tuna, chicken, or beans; cold sandwiches; raw vegetables and yogurt dip; fruit. Hint: Kids like finger foods!
- **Double or triple the amount.** Cook for today and later. You can make enough meat sauce for spaghetti today and for topping a baked potato tomorrow.

## Enjoy kitchen help.

- **Involve your little helper.** Ask your child to set the table, pour milk, or do other simple tasks. In time, children develop the skills and confidence to help even more. Preparing family meals also gives you time together, even on busy days.





# Let's Eat Out! Healthful Fast Foods

Does your family eat fast food often? If so, try to be smart about fast food choices. Here's why.

## Most fast food meals and snacks are:

- **High** in fat, calories, sodium.  
*However, you need to limit these.*
- **Low** in fiber, calcium, other nutrients.  
*However, you need to get enough of these.*
- **Short** on fruits, vegetables, or calcium-rich foods (like milk).  
*However, you may need more of these.*

## Super-size fast foods may not be a good deal!

Instead, big portions may:

- Overwhelm young children, who have small appetites.
- Provide more than your family needs.
- Encourage people to eat until they feel stuffed, not just satisfied.
- Set the stage for overeating and weight problems. With big portions, children lose their natural ability to follow hunger signals and their appetite.



Check (✓) what you do already.  
Circle ○ what you can try right away.  
Add your family's ideas.

## Choose smaller portions.

- Look for small and regular-size foods. For a young child, even a small portion may be too much.
- Decide how to handle the portion before ordering. Split it with your child.
- Skip value meals. They may provide more food than your family needs.

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## Choose more bone-building calcium.

- Drink milk with fast food.
- Order cheese on a burger or sandwich.
- Buy yogurt if your family likes it.

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## Choose less added sugars.

- Skip soda. Order milk, juice, or water.
- Order a regular, not super-sized, soda.
- Skip fruit pies. Bring an apple, banana, or grapes for something sweet to eat.

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# Let's Eat Out! Healthful Fast Foods

## Choose more fruits and vegetables

- Ask for tomato, lettuce, and other vegetables on sandwiches.
- Get salad, not fries.
- Load pizza with veggies.
- Order fruit juice to drink.



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## Choose less fat

- Order regular-size burgers, burritos, and tacos, not deluxe-size.
- Split a small order of fries, or skip them.
- Order grilled chicken, not fried.
- Skip extra cheese on a pizza.
- Go easy on mayonnaise, tartar sauce, special sauces, sour cream, and butter.



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### Try this:

Pick a fast food place with a playground.  
Give your child time to play.

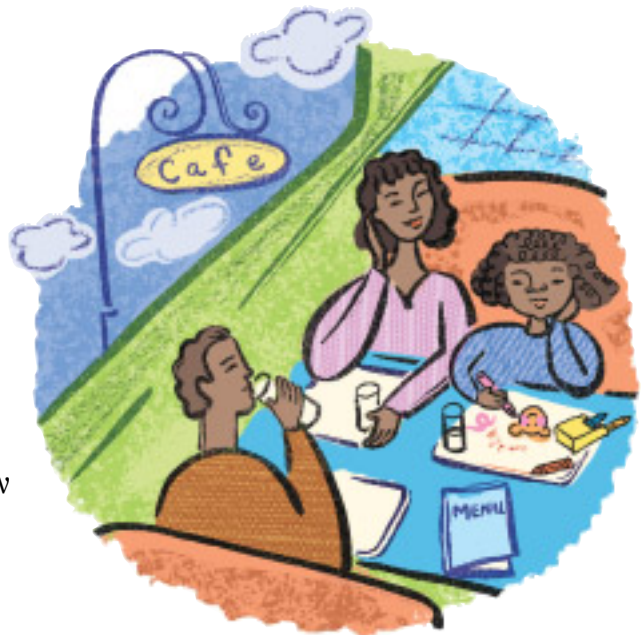
# Let's Eat Out! Making Meals Pleasant

**Eating out may be just what you need after a hectic day! And it can be fun for your whole family. A restaurant meal is also your chance to teach your child how to act with others away from home.**

**You control what happens when you eat out – more than you may think!**

## What do you do if your child gets fussy in a restaurant?

- Excuse yourselves from the table. Take a short walk.
- Talk in a calm, quiet, and positive way. This isn't the place for loud discipline.
- Avoid forcing your child to eat. Instead have the meal packed to take home.
- Ask if the restaurant has a placemat to color or draw on. Think ahead. Bring your own – just in case.
- Bring along a stuffed animal to “share” the fun



### **Pick a restaurant that welcomes kids.**

You may feel more comfortable. Your child will, too! Ask for the children's menu and a booster seat if your child needs to sit higher.

**Eat out at your family's regular time.** It's normal for young children to get fussy when mealtime is delayed. If you must eat later, a small snack helps.

**Ask about food preparation –** before ordering. Most kids like simple foods. Ask for sauce on the side. Most restaurants can make a hamburger, cheese sandwich, or something else that's simple. You don't need to depend on French fries!

**Suggest familiar foods –** especially if your child doesn't eat out often. One new experience at a time is enough. Offer tastes of new foods from your plate.

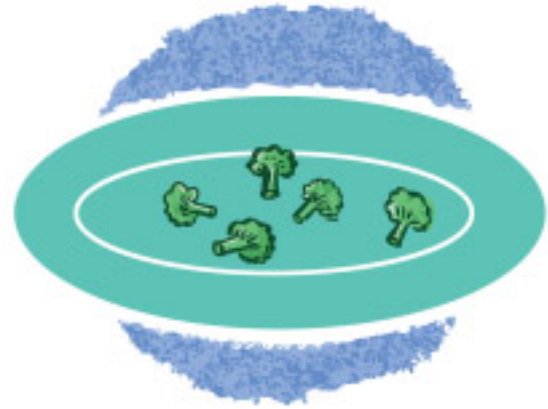
# Let's Eat Out! Making Meals Pleasant

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**Let your child decide.** Learning to choose develops independence. Select two or three foods from the menu to pick from. Your child may want to give the order. If so, support, but don't pressure, your child. If he or she suddenly gets shy, place the order.

**Ask for a child-size portion** – from the regular menu. Side dishes and appetizers are small, too.

**Split an order** – if the regular portion is big. Share the meal on two plates with your child. Or ask ahead if the kitchen can serve part of the portion on a small plate. Take the rest home.



**Offer a small piece of bread after you order.** A piece of raw vegetable works, too. It's hard for a hungry child to wait.

**Involve your child in table talk.** That takes away the boredom of waiting for food. This is your chance to talk without the interruptions at home.

**Enjoy eating – but keep mealtime short.** A child needs enough time to eat. But sitting patiently for a long time in a restaurant is too much to expect. Save long, leisurely meals for adults.

# Handling A “Choosy” Eater

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## What would you do?

- Sara-Mei won't eat anything green – she even refuses a whole meal if one green pea appears on her plate.
- Santiago is interested in everything at the table BUT eating.
- Dillion gets upset when one food on his plate touches another.
- Mariffa won't eat anything but an orange or a banana; two days ago she'd only eat peanut butter sandwiches.



## “Choosy” eating is a child-size step toward growing up and showing independence.

In fact, what seems like a challenge to you may be an early step toward making food choices. A child's “No” doesn't always mean no. What seems “choosy” may just be your child's awkward first steps in learning to make decisions.

## What appears to be “choosy” eating may instead be a smaller appetite.

Preschool-age children grow and develop at a slower rate than toddlers do. If left alone, most children become hearty eaters again when their body's growth pattern requires more food for energy.

## The best advice for you: relax and be patient!

Learn how to handle eating challenges and how to avoid conflict. That way, your child won't learn to use food as a way to exert control.

## Ten Effective Ways To Handle a “Choosy” Eater

- 1 Treat food jags casually** since food jags don't last long anyway.
- 2 Consider what a child eats over several days** not just at each meal. Most kids eat more food variety than a parent thinks.
- 3 Trust your child's appetite** rather than force a child to eat everything on the plate. Forcing a child to eat more encourages overeating.
- 4 Set reasonable time limits for the start and end of a meal** then remove the plate quietly. What's reasonable depends on each child.
- 5 Stay positive** and avoid criticizing or calling any child a “picky eater.” Children believe what you say!



# Handling A “Choosy” Eater

**6** **Serve food plain, and respect the “no foods touching” rule** if that’s important to your child. This will pass.

**7** **Avoid being a short-order cook** by offering the same food for the whole family. Plan at least one food everyone will eat.

**8** **Substitute a similar food** - if a child doesn’t like a certain food, maybe sweet potatoes, instead offer squash.

**9** **Provide just two or three choices** not a huge array of food. Then let your child decide.

**10** **Focus on your child’s positive eating behavior** not on the food.

Check (✓) what you do already.

Circle ○ what you can try right away.



# Together... Let's Try New Foods!

Enjoy all kinds of foods! That's good advice for kids – and for you. Why? When kids learn to enjoy many foods, they have more choices for smart eating throughout life. That's good because different foods promote growth and health in different ways.

Food variety makes eating more interesting and fun, too. Remember: seeing, trying, comparing, and talking about different foods is part of learning.

**Good feelings about trying new foods help lead to a lifetime of healthful eating. Try new fruits and vegetables as fun experiences with your child.**

- **Offer a new food first, before foods your child eats already.** Kids usually are more willing to try new foods when they are hungry.
- **Have your child choose a new food as you shop.** Trying new foods is more fun for kids when they pick them.
- **Do a taste test.** Talk about a new food. Have your child describe the color, shape, feel, smell, sound, and taste – and not whether your child likes or dislikes it. No “yucks”!
- **Go for at least “one bite.”** But stay away from forcing your child to taste. Keep food trying positive.
- **Try new foods, too.** Encourage your whole family to try new foods! Kids copy what they see and hear. Keep quiet if you don't like the food.
- **Prepare new foods in different ways.** Many kids prefer to pick up raw vegetables with fingers. That may seem better than the same new vegetable that is cooked.
- **Try and try again.** Many kids need to try a new food 5 to 10 times before they like it. It's normal for kids to be cautious at first.
- **Relax.** Your child doesn't need to like every food. Everyone (you, too) has different food favorites.



# Together... Let's Try New Foods!

## Clip this!

Give your child credit for trying new foods. Keep an "I tried it" chart on the refrigerator. Write the name of each new food. Your child can add a star ★ each time he or she tries it.



### I Tried It!

**My New Food**

**Tasting Stars ★ ★**

1

2

3

4

5

6

### Try this:

Use **new words** as you explore new foods together.  
Ask: How does this food:

- **Look?** Green, orange, purple, round, skinny, oval, tiny, huge
- **Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy
- **Sound?** Crunch, crackle, splash, pop, snap
- **Taste?** Sweet, salty, bitter, spicy, bland, sour

# Teaching Good Food Habits

**Like reading and writing, brushing teeth, and hand washing, learning good food habits is a life skill that can help your child live a healthy, satisfying life. Here's how you can nurture good food habits.**

## **Give your child enough table time.**

Does your child seem to dawdle at the table? That's normal. Young children don't have the muscle development or skills to eat as fast as you. They still need practice with eating utensils. Eat at a pace that allows you to enjoy your food. It takes about 20 minutes for the stomach to feel full. Rushing mealtime only leads to frustration for you, your child, and others at the table!

## **Be a good role model. Your child watches what you eat.**

If you eat and enjoy collard greens, bok choy, asparagus, or plantains, chances are your child will try them too – if not now, then probably later. It's not just what you say, it's also what you do. As kids grow up, a brother, sister, and others in their life are role models, too. Remember most children want to grow up doing what others do.



## **Skip the urge to reward, punish, or appease your child with food.**

Have you ever been tempted to say: “If you don’t eat one more bite, I’ll be mad!” “Clean your plate so you can play,” “No dessert until you eat your vegetables,” or “Stop crying, and I’ll give you a cookie”?

Remarks like these may lead kids to eating problems. They may create unneeded conflict and struggles between you and your child at the table.

- Eating for parental approval or love teaches unhealthy behaviors, attitudes, and beliefs about food and themselves.
- Rewarding a clean plate teaches them to ignore body signals, and that may lead to overeating.
- Offering a food (dessert) as a reward for eating another (veggies) makes some foods seem better.
- Getting a food treat to feel better teaches kids to relieve negative feelings by eating. This can lead to overeating later on.

## **Instead use a non-food approach.**

Reward your child with attention and kind words. Console with hugs and talk. Show love by spending time and having fun together. Drop the “clean plate club.”

# Teaching Good Food Habits

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## A Nurturing Place To Eat Is...

### Caring, calm, and respectful...

- Focus mealtime on eating and family talks that includes your child. Turn off the TV.
- Plan quiet time for eating so your child comes to the table relaxed.

### Comfortable and safe from injury...

- Always stay with a young child who is eating, even if you must do other tasks.
- Get a stable, comfortable, child-size chair. A counter stool without back support isn't safe.
- Get easy-to-hold, child-size utensils and cups.

### Safe from choking...

- For a child under age four, skip hard, small, whole foods. That includes popcorn, nuts, seeds, and hard candy. Slice foods such as hot dogs, grapes, and raw carrots in small strips.
- Teach your child to chew foods well before swallowing them so he or she won't choke.
- Be careful with sticky foods like peanut butter. Spread just a thin layer on bread.





# Trying, Sharing, Enjoying **Different** Foods

**For breakfast, Sisi had rice cakes filled with beans. Timmy ate cheese grits. Juan ate a scrambled egg wrapped in a soft tortilla. Sondra munched on a waffle and ham. They all drank milk and nibbled on fruit – orange, peach, mango, or berries. What’s on your family table for breakfast?**

Every family has its own customs and culture, no matter how long they’ve lived in a place. Your family foods reflect your culture. Some may differ from foods that others eat and enjoy. Some foods are about the same. That’s true about people, too. We’re alike. We’re different. And we’re all special!

## **Sharing family foods with others helps your child...**

- learn about your family’s customs and culture.
- feel proud of who he or she is.

## **Trying foods of other families and other cultures helps your child...**

- learn about and enjoy new foods.
- get the health benefits from different kinds of foods.
- see how people are alike and different.
- know and respect others.



Provided by \_\_\_\_\_

# Trying, Sharing, Enjoying **Different Foods**

## Share Your Family Foods

Get involved in your child's day care or learning center. Being a parent volunteer helps your child, the staff, and you. **Pick one or more ways you can help.**

- Share your family food customs and traditions.** That helps staff and other adults understand your child better.
- Talk in Circle Time about your family foods** – if you can. Bring ingredients, perhaps a fruit or vegetable. Show special cooking equipment, dishes, utensils, or table coverings, too.
- Encourage your child to tell others about a family food.** A picture may help. That helps build self-esteem.
- Offer ideas for field trips.** Go to places that grow or sell special foods.
- Learn to make foods from other families.** Offer them at home.
- Cook with kids.** Do a “show and tell” about the ingredients. Let children help with simple, safe tasks, perhaps pouring or stirring. Adults can help, too. Talk about the taste, color, aroma, and look of the food.
- Make a family food to share with other families at childcare center events.** You may need to prepare it there.
- Offer a recipe for center meals or snacks.** You might help staff prepare it. Eat with kids when it's served.
- Help with a family cookbook.** It can be filled with family recipes from all the children in the childcare center.
- Share more!** Share other things from your family's culture. Teach a dance or game. Play music. Read a book.
- Your idea:**

# Is My Child's Appetite Normal?

**Cayla, who is four years old, didn't finish her lunch. But she is ready to play. Her mom quietly removes the plate and fixes a snack for later. That's okay!**

## Your child's appetite changes.

Children don't grow as fast in their preschool years. That's why your child may have a smaller appetite now. That's normal. If he or she isn't hungry or doesn't finish a meal, relax. Take the food away.

Your child probably is eating enough if he or she is full of energy and is growing and seems healthy. If your child is losing weight or has special food needs, get help from a health professional. This isn't the time to figure out the problem by yourself.

Most young children do best when fed four to six mini-meals a day.

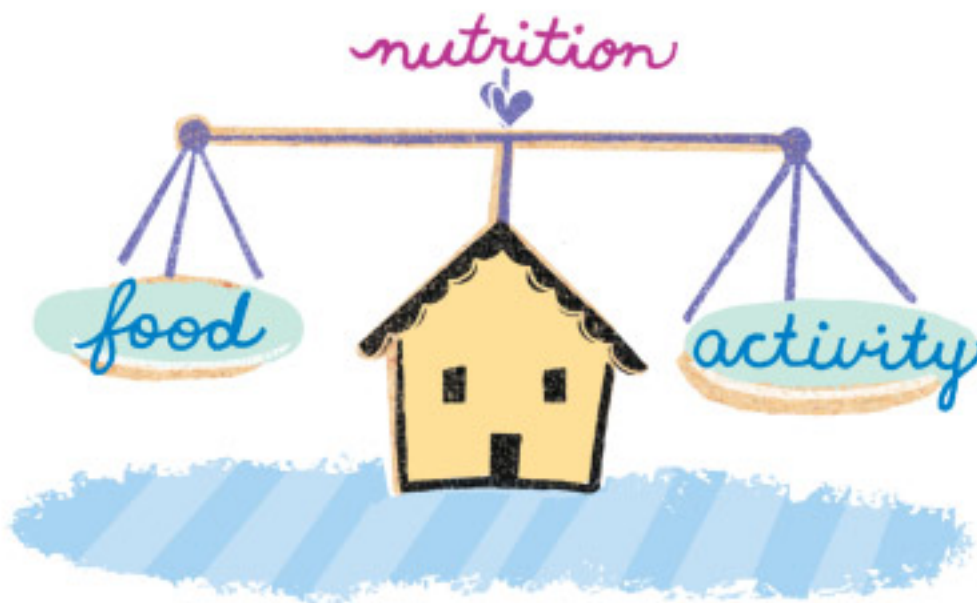
## Your child knows how much to eat.

Your child probably will eat the right amount if you don't force him or her. Healthy kids usually eat when they are hungry. And they stop when they feel full.

- **You decide** what foods to offer and plan regular times to eat. Perhaps suggest two kinds of fruit for snacks.
- **Let your child pick** from foods you offer **and decide** how much to eat. Giving your child that right and respect is important, even if he or she is plump.

## Learning hunger cues is important.

Keep eating times relaxed so your child learns body signals for being hungry and feeling full. That's how your child can learn to eat in a normal way, not overeat. That's a good habit for lifelong health.



Provided by \_\_\_\_\_

# Is My Child's Appetite Normal?

## Overfeeding can be a different problem.

Overfeeding and withholding food may end up in weight gain. Surprised? It's obvious that eating too much can make people fat. But underfeeding can have the same result. Your child might overeat later when there's another chance to eat.

The same thing can happen to grownups. For example, skipping breakfast can lead to overeating at lunch. It's okay for you to leave food on the plate, too, or to start with a smaller portion. You can do it!

More kids are developing diabetes at an early age and are overweight. You don't want that to happen. Deal with it now. Help your child learn to eat normally to keep a healthy weight as he or she grows.

## Your child is watching you.

If you overeat, your child may, too – if not now, then later. Your child learns how to eat by watching you.

Keep your own portions sensible. Start with a small portion; only eat more if you're hungry. Eat when you're hungry, not just bored or stressed. Slow down to eat the right amounts.

**When you take care of yourself, you take care of your child, too!**

## You Can Help Your Child Eat the Right Amount

- Offer small portions. Let the child ask for more.
- Allow enough time. This may give your child a chance to feel full.
- Take food away when your child stops eating.
- Avoid extremes of withholding food when your child is hungry. Offer a small snack.



# Watching My Child Grow!

**Zack, Luisa, and Wajdi are all about the same age. But their heights and weights are so different. Luisa, whose parents are tall, weighed more and was longer at birth. Wajdi's parents and grandparents are short. He was born two weeks past his due date. Zack was born two months prematurely. Each child is perfectly normal!**

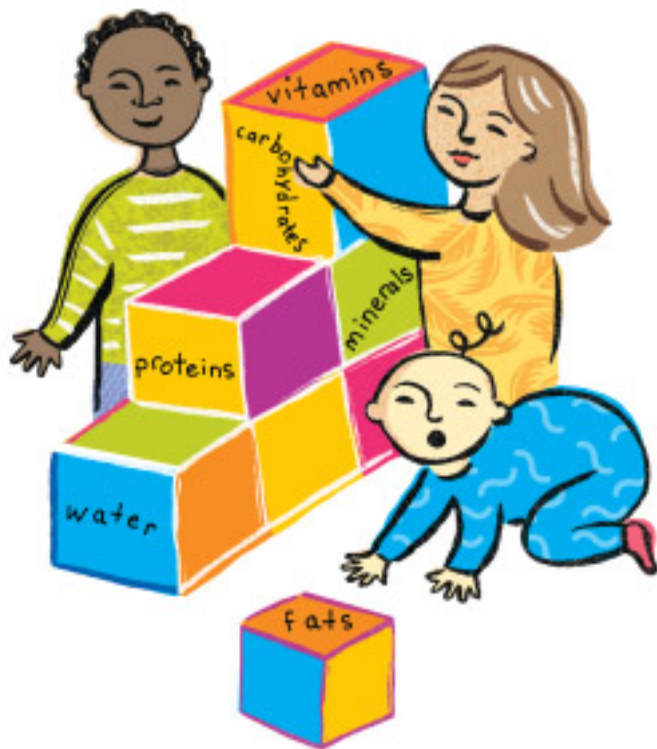
As a parent, you probably wonder if your child's growth is normal. That's natural. And making sure is part of your responsibility.

## No two children grow alike.

In every way, your child is an individual. That's true for his or her body size and growth pattern, too. It makes no sense to compare your child's growth to your friends' children. If your child was born prematurely or a little late, that makes a difference, too.

## Your child may grow like you.

The way your child grows depends a certain amount on genes. As you watch your child grow, consider the ways your family members grew when they were kids. Also think about the types of food and activity choices usually made by each member of the family. Who is your child most similar to?



## Checking a Growth Chart

Your child's height and weight are marked on his or her own growth chart as part of regular health exams. The chart shows:

- Your child's growth pattern and progress.
- How your child fits within healthy ranges for his or her age.

Ask to see and discuss your child's growth chart. The new charts now being used were made with your child in mind.



# Watching My Child Grow!

## Watch your child's growth pattern.

- A big change may be normal. Or it may signal a problem.
- A poor appetite for a long time may be a concern. If your child has energy, feels okay, and is growing normally, it's probably normal.
- Many children gain weight before they grow taller. That's natural, too.

### Tip:

Of course, you want to be sure that your child is growing normally. If you're concerned, talk to your child's health care provider. If there's any problem, then you will know. If not, you can relax.

## Watch Me Grow

Kids like to see how they grow taller each year. They feel proud of each inch. And they are pleased when grown-ups and older children notice.

### Do this together!

- **Keep track of your child's height and weight.** You might find a closet door on which to mark your child's height on each birthday and six months later.
- **Talk about growing.** Ask:
  - How are you different from last year?
  - How might you be different by next year?

This is a chance to show respect for the many ways your child is growing up.

- **Show photos of you and your family when you were young.** Your child may have the same growth pattern that you did.



# Juice or Fruit Drinks?

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## Why Fruit Juice?

Juice is an easy way to enjoy fruit. Keeping juice on hand is good for your whole family! Here's what juice provides.

- **Vitamin C** to help heal cuts and bruises, fight infection, and use iron from food.
- **Vitamin A** in some juices for healthy eyes and skin.
- **Carbohydrates** for energy. Sugar from fruit is the carbohydrate in 100% juice.


Juice is mostly water. Like you, your child needs enough fluid to stay healthy.

## How Much Juice?

Offer your child enough, but not too much:

**Ages 1 to 6 years:**  
**1/2 to 3/4 cup of juice a day.**





### Go Easy...

Because juice is convenient, it's easy to drink too much of it. Here's why drinking too much juice can be a problem:

- Juice has calories. Too much may give your child more calories than he or she needs. That may contribute to overweight. Go easy for yourself, too!
- If juice replaces milk or calcium-fortified soy beverages, your child may not get enough bone building calcium.
- Sipping juice a lot promotes cavities. Sometimes diarrhea is a problem too.

# Juice or Fruit Drinks?

## Which Would You Buy?

Orange juice, juice drink, or orange soda? Each has a sweet, citrus flavor. Labels can help you choose beverages for your family.

- For nutrition 100% orange juice is the best.
- Juice drinks have some juice and added vitamin C.
- Orange soda is flavored water.

## Labels can help you choose

- Nutrition Facts tell how calories and nutrients differ.
- Ingredients tell what it's made from.

### Orange Juice

100% Juice

Nutrition Facts	
Serving Size 8 FL OZ (249g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 110	
	%Daily Value*
<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	0 %
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 0mg	<b>0 %</b>
<b>Total Carbohydrate</b> 26g	<b>9 %</b>
Dietary Fiber 0g	0 %
Sugars 22g	
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 50%
Calcium 2%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

**Ingredients:** Water, concentrated orange juice

### Orange Juice Drink

Made with 5% Juice

Nutrition Facts	
Serving Size 12 FL OZ (240g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 120	
	%Daily Value*
<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	0 %
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 30mg	<b>1 %</b>
<b>Total Carbohydrate</b> 31g	<b>10 %</b>
Dietary Fiber 0g	0 %
Sugars 29g	
<b>Protein</b> 0g	
Vitamin A 0%	• Vitamin C 70%
Calcium 0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

**Ingredients:** Water, high fructose corn syrup, pear juice, citric acid, ascorbic acid, yellow 5, red 40, (other ingredients)

### Orange Soda

Nutrition Facts	
Serving Size 8 fl oz (240g)	
Servings Per Container 1.5	
Amount Per Serving	
<b>Calories</b> 120	
	%Daily Value*
<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	0 %
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 35mg	<b>1 %</b>
<b>Total Carbohydrate</b> 32g	<b>11 %</b>
Dietary Fiber 0g	0 %
Sugars 32g	
<b>Protein</b> 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

**Ingredients:** water, high fructose corn syrup, citric acid, ascorbic acid, yellow 6, red 40, (other ingredients)

# Easy Weekend Lunch Ideas

## What makes a good weekend lunch for your family?

- **Easy** – Find quick, easy ideas for you have lots to do on weekends. You don't need to spend much time.
- **Healthful** – Offer mostly foods from the five major groups of the Food Guide Pyramid. There's plenty to pick from.
- **Tasty** – Offer foods that look and taste good. Your child may like different foods than you do. That's okay!

## Your child may like lunch foods to

- Eat with just fingers!
- Partly prepare. (*Hint: The weekend may be a good time to cook together!*)
- Take to a fun place, perhaps for a backyard picnic.



### Try this:

Here are just a few easy lunch ideas for kids. Talk, then write down your child's ideas, too. Try to add food-group foods.

## "I'm hungry! What Can I Have for Lunch?"

Your child might enjoy these quick and easy foods.

- **Peanut butter roll-ups:** Spread a soft tortilla with peanut butter and grated carrots. Roll it!
- **Muffin pizza:** Top an English muffin half with tomato sauce, chopped broccoli, and shredded cheese. Heat it in a toaster oven or broiler.
- **Mexican pizza:** Top pita bread with salsa, refried beans, and grated cheese. Heat it.
- **Funny sandwiches:** Cut bread in fun shapes with cookie cutters. Top with deli meat, cheese, humus, or peanut butter.
- **Lunch pockets:** Stuff half a pita pocket with sliced chicken, shredded lettuce and carrot, and a little salad dressing.
- **Waffle sandwich:** Slice a frozen waffle in half. Make a sandwich filling with tuna or egg salad.
- **Chili boat:** Microwave a potato. Cut it in half, and hollow the middle. Fill it with chili.

## Your Child's ideas:

# Easy Weekend Lunch Ideas

## “What else?”

Apple slices

Banana half

Mango slices

Papaya slices

Strawberries

Tangerine sections

Dried fruit

Broccoli “trees”

Cucumber circles

Bell pepper sticks

Raw snap peas



## Your child’s ideas:

## “What to Drink?”

Plain or flavored milk

Water

Fruit smoothie

Vegetable soup



A weekend lunch is a great time to practice making choices.

- **You decide** – on lunch time. Offer two or three choices, too.
- **Let your child pick** – foods from what you offer and decide how much to eat.





# Why Snacks?

**Most kids like snacks. That's great! Think of snacks as mini-meals that help provide nutrients and food energy your child needs to grow, play, and learn.**

## Help your child snack smart.

Your child has a small stomach. So he or she probably eats less at meals than you do. Smart snacks can help your child eat and drink enough during the day. In fact, most young children do best when they eat four to six times a day.

**Keep food group snacks handy:** for example, raw vegetables, fruit, juice, milk, cheese, yogurt, bread, peanut butter, and hard-cooked eggs.

**Let snacks fill in the gaps.** If your child misses juice for breakfast, offer fruit at snack time.

**Time snacks carefully** – two to three hours before meals. That way your child will be hungry for lunch or supper.

**Offer snacks to satisfy hunger.** Skip the urge to offer a snack to quiet tears, calm your child, or reward behavior. That can lead to emotional overeating later on.

**Keep snacks small.** If your child is still hungry, he or she can ask for more. Let your child decide what's enough.

**Encourage tooth brushing after snacking** – especially after eating bread, crackers, and sweet foods.

**Snack wisely yourself!** Do you snack when you feel stressed or bored – or just when you're hungry? What foods do you snack on? Remember, your child learns snack habits by watching you. Be a great role model!



## Go easy on snacks with added sugars.

**Offer milk, juice, or water as snack drinks.** Soft drinks and fruit drinks can crowd out foods your child needs to grow and stay healthy.

**Make food group foods the usual snacks.** A little candy occasionally is okay.

### Parenting tip:

Sometimes kids say they're hungry when they really want attention. Take a little time with your child – talk or do something fun. Your child will let you know if he or she really is hungry.

# Why Snacks?

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Smart snacking is good for your whole family!

## Fun for Kids!

### Quick snacks:

- Whole fruit, sliced into finger foods
- Berries
- Raw, cut-up vegetables
- Graham crackers
- String cheese
- Cheese and crackers
- Bagel and peanut butter
- Frozen yogurt



### Easy-to-make snacks:

- **Milk shake-ups:** Pour milk, juice, and ice in a covered container. Shake!
- **Fruit juice pops:** Freeze fruit juice in small paper cups or ice cube trays.
- **Crunchy banana:** Peel bananas. Roll them in peanut butter or yogurt, and crushed cereal. Freeze!
- **Peanut butter logs:** Fill celery with peanut butter.
- **Cinnamon toast:** Toast whole wheat bread. Spread a little margarine or butter on top. Sprinkle with cinnamon sugar.

### Your child's favorite food-group snacks:

*Offer milk or juice with snacks.*

# Fats in Foods: How Much for Kids?

Is ice cream okay for kids? How about fried chicken nuggets, or fries? You're smart to wonder about higher-fat foods for kids. Here's the scoop.

## Your child needs some fat from food.

Trying to cut way back on fat may seem like a good idea. But your child needs some fat to be healthy:

- for energy to play, learn, and grow.
- to grow properly.
- to use vitamins from food.
- to add flavor to foods.

Most food energy should come from grain products (such as bread, pasta, and rice), vegetables, fruits, low-fat dairy foods, and beans, lean meat and poultry, fish, eggs or nuts. Be careful with nuts. They may cause choking in 2 to 3 year olds.



### Be flexible!

It's okay to eat foods with more fat sometimes. Enjoy a small bowl of ice cream or small order of fries occasionally. Then choose foods with less saturated fat for the next meal or the next day.



## Eating less saturated fat is good family advice.

Once your child turns two, learning a habit of low-fat eating is healthful. If family meals and snacks have less fat, your child will learn that way, too.

Choose to limit foods with saturated fat. Eating a lot of saturated fat increases the chance of heart disease later in your lives. Saturated fats are solid at room temperature. Butter, stick margarine, and fat in meat are examples.

Eating lots of any fat, saturated or not, can add up to too many calories. Weight gain over time may lead to diabetes at an early age. Choose mostly lean and low-fat foods to help your child and you keep your healthy weight.

**Do you have an infant or toddler under age two?** If so, low-fat eating isn't advised before age two. Little ones need more fat for brain development.

# Fats in Foods: How Much for Kids

## For Less Fat In Family Foods

You can plan and prepare family foods with less fat.

Check (✓) one or two things to try this week. Add your own idea.

Use the Nutrition Facts label to choose foods, especially those with less saturated fat.

Limit foods high in saturated fat (bacon, sausage, other high-fat processed meats).

Keep low-fat snacks in your kitchen: raw vegetables, fruit, pretzels, and bagels.



Make grain products, vegetables, and fruits part of family meals and snacks.



Buy mostly fat-free or low-fat milk or yogurt, and low-fat cheese.

Make cooked dry beans, fish, lean meats, and chicken the center of the meal.



Use vegetable oils. Limit solid fats, such as butter, hard margarine, and lard.

Use less fat when you cook.

Cut fat from meat, and take skin off chicken.

Broil, roast, microwave, or stir-fry. Frying adds fat.

Limit creamy sauces and salad dressings.

Offer small amounts of higher-fat foods, such as fries and cheese.

Serve mostly fruit for dessert.



**Your ideas:**

# Iron In Foods: Does My Child Get Enough?

## Your child needs enough iron:

- To support his or her rapid growth.
- To replace iron that the body uses up.
- To have enough energy to learn and play.

Iron-deficiency anemia is a common nutrition problem for young children. Checking for anemia should be part of your child's regular health exam. Not sure? Ask your child's health care provider.

## You need enough iron, too.

Everyone in your family needs iron from food to feel good and stay healthy. Women need it to replace the iron lost each month through menstrual flow. Include iron-rich foods in your family meals and snacks. Your child will benefit, too.

## Warning: Iron Poisoning!

Iron pills meant for you can be harmful to your child. Even iron supplements for children can be dangerous if they aren't taken as directed. Too much iron from a pill can cause serious injury, even death.

### You can:

- Keep pills with iron in a child-safe container where your child can't reach.
- If your child accidentally swallows iron pills, call your health care provider or the poison control center right away. **Write down the phone number for your local poison control center:**  

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- Offer iron supplements to your child only as directed by your health care provider. **Your child won't get iron poisoning from food.**

## Good Sources of Iron

Offer these foods often.

- Lean meat
- Iron-enriched and whole-grain breads and cereals
- Cooked dried beans (black, kidney, lima, navy, pinto, soy beans)
- Greens (collard, kale, mustard, spinach, turnip green)

Chicken, egg yolks, and dried fruit (raisins, apricots) have iron, too, but not as much.





# Iron In Foods: Does My Child Get Enough?

## Great Pairing!

The body uses iron from meat and chicken better than iron from beans, grain products, vegetables, dried fruit, and egg yolks. Good news: vitamin C helps the body use the iron from meats. Foods you serve your family make a difference. Try this!

### Food with iron

Breakfast cereal

Peanut butter sandwich

Kidney beans in chili

Hard-cooked egg

Pasta salad

Your choice: \_\_\_\_\_ with



### Food with vitamin C

with berries or juice

and a tangerine

with tomato sauce

and orange juice

with bell peppers

\_\_\_\_\_



### Food with iron

Whole-grain bun

Refried beans

Cooked collard greens

Rice

Scrambled egg

Bagel

Your choice: \_\_\_\_\_ with



with hamburger patty

with chicken burrito

with barbecued beef

with pork stir-fry

with ham

with lean deli meat

### Meat source of iron

with hamburger patty

with chicken burrito

with barbecued beef

with pork stir-fry

with ham

with lean deli meat

\_\_\_\_\_



# Keeping Your Child's Healthy Smile!

Clean teeth are less likely to get cavities. Cavities can happen when starchy and sugary foods stay on and between teeth. Plaque with bacteria sticks there, too. The longer the bacteria stay there, the greater the chance for decay.

## Begin tooth care early

- **Before teeth appear:** clean gums with a damp cloth.
- **When teeth appear:** brush with a soft child's toothbrush.
- **When two teeth appear by each other:** gently floss.
- **When your child is two or three:** start teaching your child to brush with toothpaste. Stay with him or her.
- **Every three months to a year:** have your child's teeth checked by your child's dentist. Decide together on a schedule for check-ups. Ask about a fluoride supplement or about dental sealants, too.

## Make good dental care a family habit!

- Brush at least two times a day. Brush after sugary or starchy snacks, too.
- Use toothpaste with fluoride.
- Floss every day.
- Get regular dental check-ups. **Keep the name and phone number of your child's dentist here:**

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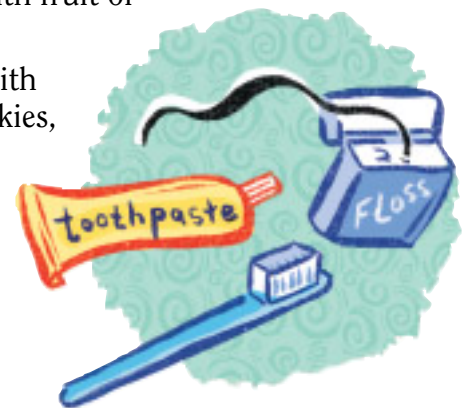
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## Help your child learn good tooth-brushing habits.

- Care for your own teeth properly. Your child will probably do what you do.
- Encourage your child to hum the *Alphabet Song*. When the song is done, teeth might be clean!
- Get a safe stepping stool. Your child needs to reach the sink, the toothbrush, and the toothpaste.

## Make food and drink choices for healthy teeth

- Food that stays on your teeth longer can increase decay. Eat sticky foods, such as dried fruit and hard candy, less often.
- Eating some foods frequently increases decay. Limit sweets, starchy foods, juice, and sweetened drinks.
- Milk, cheese, and meat in your meals and snacks help protect your teeth from decay. For snacks:
  - Eat cheese with fruit or vegetables.
  - Drink milk with crackers, cookies, or cereal.



# Keeping Your Child's Healthy Smile!

Your child's smile is probably one of the joys of your day!

It's not too early to teach your child how to keep teeth clean and healthy. **Healthy teeth:**

- **Help your child chew and enjoy food.**
- **Help build self-esteem.**
- **Bring healthy smiles!**

## Brush, Brush!

**Show your child** how to brush teeth. Sit low so your child can see what you do.

- Put a pea-sized dab of toothpaste on your own toothbrush.
- Hold the brush on an angle next to your teeth.
- Gently brush your teeth on:
  - The outer surfaces, which you can see
  - The inner surfaces where you can't see
  - The tops where you chew
- Gently brush the top of your tongue and inside your cheeks, too.
- Spit out the toothpaste. Rinse your mouth with water.

**Now give your child a turn to brush!**

Offer a mirror and a different soft toothbrush.

**How well did you brush?** Find out! Mix food coloring and water in a cup. Then swish it around your mouth. Wherever color sticks to your teeth, brush more. Plaque and food particles still hide there!



# Feeding **Another** Baby Sister or Brother

**You know the basics. You know what to expect at feeding time. You know how to nurse or prepare infant formula and how to introduce solid foods. That's great! You're a pro! Can you relax? Maybe a little. But feeding time is probably more hectic with a preschooler *and* a baby!**

**Remember, each child is different.** If you thought you knew everything about feeding babies – surprise! Each baby may respond differently. Maybe your preschooler was easy to feed. And your new baby is now a fussy eater. With a new child, there's more to learn about parenting. You can do it!

**Share your attention.** Your preschooler may get fussy at the table. The reason? Perhaps it's competition with your baby for attention. Give each child his or her own separate time – with food, and in quiet and play time. Your preschooler needs to know that he or she still matters. Private time shows how much you care!



**Give your preschooler a chance to help.** Your child might gently wipe your baby's sticky hands or bring a bottle. Helping builds self-esteem. Your child knows that he or she can do something "grown-up" that helps you. Avoid expecting too much. Preschoolers are too young to be responsible. But they're great helpers!

**Let your baby be part of family meals –** to start a habit of family mealtime. You may need to feed the baby first.

**Learn from your mistakes.** It's okay to change your approach for feeding your next child. And it's not too late to change the way you feed your preschooler. After all, being a parent is a learning process for you, too!

**Keep positive at mealtime.** Even though there's more going on, keep mealtime calm and pleasant. That may take more planning from you.



Provided by \_\_\_\_\_

# Feeding **Another** Baby Sister or Brother

For advice on feeding your baby, talk to your health care provider or your WIC (Women, Infants and Children) Program.



**Caution:** Once your baby eats table food, you can offer many of the same simple foods your preschooler eats. But be cautious:

- **Before age two, offer your toddler whole milk, not low-fat or fat free milk.** Fat in milk is important for your baby's brain development.
- **Avoid hard, small, whole foods that may choke your baby or toddler.** That includes popcorn, nuts, seeds, and hard candy. Cut foods such as hot dogs in small strips.



## Tip:

Take some time alone to relax and rest. You'll be better able to cope and enjoy the extra kitchen activity. If you take care of yourself, you care for your children.



# Food Allergies, or Just Food Fussiness?

Jenny's enjoyed her morning snack. But 30 minutes later, she's cranky. Her eyes look swollen, and she's crying. Does Jenny have a food allergy, or is she just being funny?

## Food allergies are ...

A reaction to food that isn't normal. The body's immune system gets confused. Within minutes (or in up to 2 hours) it triggers symptoms that may seem like an illness:

- Sneezing, runny nose, coughing, difficult breathing, wheezing (asthma)
- Itchy skin or eyes, rash, swelling
- Nausea, diarrhea, gas, pain, cramps

Most allergic reactions are just uncomfortable. But a small percentage of people have severe reactions that can threaten their lives. Symptoms that seem like allergies may be other serious health problems, too. Find out!

## If you suspect a food allergy:

**Have your child checked by your health care provider.** That's the only way to know if your child really has a food allergy. If so, being under a doctor's care is essential!

**Skip any urge to diagnose an allergy yourself.** If you take away a food, such as milk, your child might miss nutrients needed to grow and stay healthy.

## Common Food Allergies

**For children:** peanuts, milk, eggs, tree nuts (such as pecans, almonds, cashews, walnuts), soy, and wheat

**For adults:** peanuts, tree nuts, fish, and shellfish (especially shrimp)



# Food Allergies, or Just Food Fussiness?

About one out of 20 children is allergic to at least one food. There's good news! Except for peanuts and tree nuts, most children outgrow food allergies. Until then, here's what you can do:



## Help Your Child Handle a Food Allergy and Eat Healthfully

- **Get Help.** You can't be an instant expert. Your health care provider can help.
- **Avoid offering problem foods!** Be aware: foods that cause allergies can be ingredients in mixed foods.
- **Find out about food substitutes.** You need to know other foods with the nutrients your child would miss. Try to create dishes your whole family can enjoy.
- **Read the ingredient list on food labels.** That's how to tell if a packaged food has the problem ingredient.
- **Tell all caregivers.** Bring a note from your child's health care provider to the day care center. Tell babysitters, grandparents, other relatives and friends! Explain what foods to avoid, and why.
- **Order carefully for your child when you eat out.** Ask about the ingredients.
- **Take food from home.** If you're not sure about food at day care, restaurant, or someone's home, pack food for your child.
- **Role-play with your child.** Practice what to do when someone who doesn't know about the food allergy offers food.

# Milk for Kids With Lactose Intolerance

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**Milk is good for kids. You know that. But it is good for YOUR child? After all, each child is different. How do you know if your child is lactose intolerant – or not?**

## **Lactose Intolerance is...**

A food sensitivity, *not* a milk allergy or sickness! It happens when the body doesn't make enough lactase. Lactase is a body enzyme that handles lactose, which is the natural sugar in milk.

Lactose intolerance isn't common during childhood. Even if you're lactose intolerant, your child probably isn't. Adults feel the effects more than kids do; some people, more than others.

Diarrhea, stomachache, gas, or feeling bloated are symptoms of lactose intolerance. These same symptoms can point to more serious health problems. Find out!

## **If you suspect lactose intolerance:**

**Talk to your child's health care provider.** That's the only way to know what the symptoms really mean.

**Skip any urge to diagnose lactose intolerance yourself.** If you take away a food, such as milk, your child might miss nutrients needed to grow and stay healthy.

## **If your child has lactose intolerance:**

**Relax.** Your child can still enjoy milk products and get the nourishment that milk gives. Nutrients in milk help your child grow and build strong, healthy bones and teeth.

**Tell caregivers –** If your child goes to childcare, bring a note from your child's health care provider. Together plan ways to fit milk into snacks and meals your child eats there.



# Milk for Kids With Lactose Intolerance

Your child counts on you for the bone-building nutrients in milk. Even if your child is lactose intolerant, you can fit milk products in!



## You Can Help Your Child Enjoy Milk. It's Easy, Try This!

❑ **Serve milk with solid foods:** snacks, as well as meals. Solid foods slow digestion, so lactose in milk is easier to handle. *Tip:* These snacks taste good with milk: an oatmeal cookie, cereal, and a banana. Give your child choices.



❑ **Pour small cups of milk.** Little amounts are easier to digest. *Tip:* Be sure your child gets enough to equal at least 2 cups of milk during the day.

❑ **Offer chocolate milk.** It contains the same nutrients as white milk. But kids like chocolate milk and may be more willing to drink it.

❑ **Buy lactose-free milk.** *Tip:* Find it in supermarkets with other milk products.

❑ **Offer cheese.** Cheese has milk's nutrients, but less lactose. *Tip:* Try simple "cheesy" foods: toasted cheese sandwich, macaroni and cheese, cheese and crackers.



❑ **Try yogurt.** "Friendly" bacteria that give yogurt its unique flavor also help digest lactose. Yogurt has all of milk's nutrients, too. *Tip:* Offer fruit yogurt as a dip for sliced fruit. Your child may like fruit smoothies (made with yogurt), too.



### For You, Too!

**If you're lactose intolerant,** these tips can help you, too. Remember, your bones need calcium that milk provides to stay strong and healthy.

# Does My Child Have a **Weight** Problem?

## Your child may be normal, not fat.

If you are concerned about your child's weight, consider this:

- Your child may gain weight before a growth spurt. That's normal! If you're still concerned, ask for advice.
- Many kids slim down (maybe outgrow a chubby stage), as they get older. Did you? That may be a clue to your child's future weight and body size.

## If you suspect a weight problem:

Get help. Talk to your child's health care provider right away. There's usually a reason for a weight problem. The longer you wait, the greater the risk for weight problems in the teen and adult years.

Growth charts from regular exams help your health care professional see if your child's weight and height stay within healthy ranges. Your child counts on you to get advice from experts.

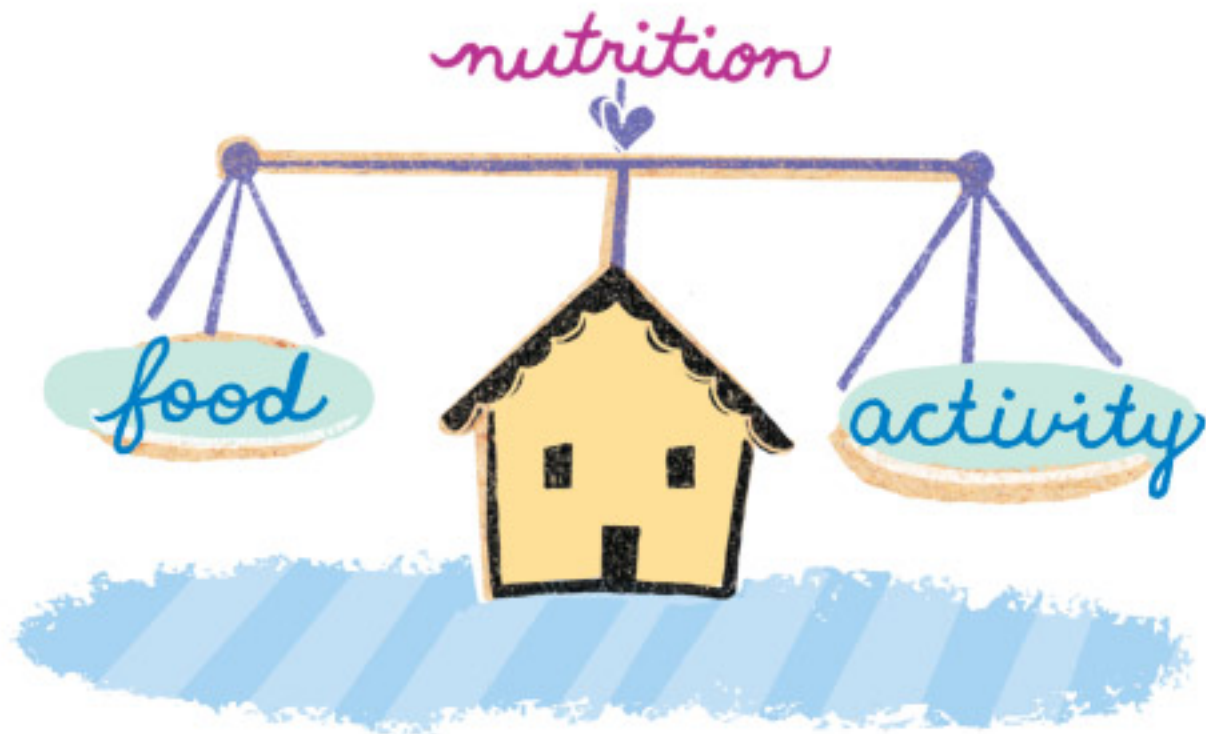
## If your child is overweight:

Weight loss dieting isn't a healthy approach. Instead help your overweight child grow into his or her current weight.

## Withholding food isn't right for kids.

*(Dieting is not for most children either.)*

- Your child might not get enough food energy and nutrients to grow properly, learn, and play.
- Your child may learn to sneak food when you're not watching.
- Kids feel bad about themselves when they're treated differently. That feeling may turn to anger, stress, or overeating.
- Your child won't learn to control how much he or she eats if you decide what's enough – or if you push your child to eat less.



Provided by \_\_\_\_\_



# Does My Child Have a **Weight** Problem?

Your child counts on you to learn how to enjoy food and eat in a healthful way. Your child's attitude about eating sets the stage for a healthy weight throughout life!



## You Can Help Your Child to a Healthy Weight

- ❑ **Help your child accept the body he or she was born with.** Pressuring your child to look or be different isn't healthy. Give yourself a hug – and say, “ I like myself, too!”
- ❑ **Make meals and snacks calm and pleasant!** That's the best way to encourage normal eating.
- ❑ **Give your child a chance to know the signals for hunger and feeling full.** That way, your child will be able to control how much he or she eats.
- ❑ **Keep fruits, vegetables, and other low-calorie foods handy.** Skip the urge to keep a lot of candy, chips, or soda around. Keep them out of sight.
- ❑ **Enjoy your child “in motion.”** When your child runs, jumps, and plays actively (in a safe place), that's great. Join in when you can! Moving more and sitting less is a healthful habit to learn. Inactivity appears to be a major reason for weight problems.
- ❑ **Do all you can to build your child's self esteem.** A positive attitude about himself or herself helps your child eat in a normal and healthful way.

You can achieve or keep your own healthy weight in these same ways. Remember, your child will follow your example. What you do (not only what you say) is your child's best teacher!

# Supplements...Do Kids Need Them?

## Foods first!

Meals and snacks can provide all the vitamins and minerals most children need. That's the best way to get them! If the Pyramid guides your child feeding, you can relax. Your child likely won't need a supplement.

Foods are the best sources of nutrients anyway. (For you, too.) Foods have nutrients for growing kids that vitamin and mineral supplements don't have.



## Check first...

Talk to your child's health care provider before you give your child a vitamin or mineral supplement – or take one yourself. That way you won't put your child or yourself at risk. A vitamin or mineral supplement may not be necessary, or safe either. Children with a food allergy and those who are vegetarians might need a vitamin or mineral supplement.

## If your child's health professional recommends a supplement:

- Get what's advised. One with enough vitamins and minerals, not too much. That may be a supplement for children, not adults.
- Give only the dose directed by your doctor or health care provider. Giving your child more is not better. More can be dangerous!
- Know the amount of nutrients taken daily from vitamin or mineral supplements. Combine that with the amount from enriched or fortified foods.
- Teach your child that supplements are not candy – even if the names, shapes, and colors are fun.
- Store all supplements out of reach. Keep them in a container with a childproof cap. **Reminder: An adult iron supplement can be poisonous for your child!**



**Find out more from:** *Tips For The Savvy Supplement User: Making Informed Decisions and Evaluating Information*, at the Food and Drug Administration webpage at [www.cfsan.fda.gov/~dms/ds-savvy.html](http://www.cfsan.fda.gov/~dms/ds-savvy.html)

# Supplements...Do Kids **Need** Them?

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## **Read Supplement Facts!**

**Serving size.** It's really the dose. If your child's doctor advises a supplement, be sure to ask about the type to buy and amount to give.

**Other ingredients.** Supplements may have other ingredients, such as a coloring or flavoring. A list is on the bottom of the label.

If you take a dietary supplement, check to make sure you choose a vitamin or mineral supplement. Be cautious about other supplements and herbal products.

## **Use Supplement Facts to:**

- Know the nutrition in one serving, or tablet.
- Pick the supplement advised for your child.
- Give your child the amount recommended by your doctor.

# The ABC's of Hand Washing

Marina bounced into the kitchen, ready for her afternoon snack. Without a reminder, she put her sturdy stool by the sink, turned on the warm water, rubbed her hands with soap, and washed her hands carefully, happily singing her ABC's. Auntie smiled proudly as she caught Marina's eye.

## Hand washing is important for your whole family!

Even if your hands look clean, they probably carry germs (or bacteria). Germs are everywhere. If you wash your hands really well with warm soapy water, you can get rid of the germs.

Some germs can make you sick. Colds and flu can spread from one person to another in your family through unwashed hands. It's easy to contaminate food, too, with germs from dirty hands.

## Always wash hands

### Before:

- Handling food
- Eating a meal or snack

### After:

- Handling food
- Using the bathroom
- Touching a pet
- Coughing or sneezing into your hands
- Combing hair
- Blowing your nose
- Changing a diaper
- Handling garbage

## Help your child learn good hand washing habits:

- Follow good hand washing habits yourself. Your child will watch and follow what you do.
- Encourage your child to count slowly to 30, or to sing the *Alphabet Song* (which takes 30 seconds), to help make hand washing fun and long enough.
- Get a safe stepping stool so your child can reach the sink.
- Hang a hand-washing reminder by the toilet.



# The ABC's of Hand Washing

## Try this!

This may even surprise you! Show your child why good hand washing takes three things: 1) warm water, 2) soap, and 3) rubbing your hands for 30 seconds.

- **First mix.** Mix vegetable oil with cinnamon in a small bowl.
- **Now rub it in.** Let your child rub “cinnamon oil” on his or her hands.
- **Wash hands together** in four ways to remove the cinnamon:
  - 1) cold water only
  - 2) cold water and soap for 10 seconds
  - 3) warm water and soap for 10 seconds
  - 4) warm water and soap for 30 seconds. Rub your hands well! And remember to sing the Alphabet Song!

- **Talk about it.** What does it take to get all the cinnamon off? Cinnamon isn't harmful. But you can see it if you don't wash your hands right. Germs are invisible. You can't see them, so you must wash your hands right!





# Let's Cook Together

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**Little hands can help! Emma cut cheese in funny shapes with cookie cutters. Jackson made smiles on peanut butter sandwiches with apple slices and raisins. Thunya tore lettuce for salad. Jeffrey poured milk.**

Children are natural kitchen helpers. They like to share simple tasks of food shopping and picking foods for meals. They enjoy preparing and serving food to the family.

## **Cooking builds self-esteem.**

Helping in the kitchen builds confidence and early skills of independence. Most kids feel proud and important when they help prepare food. Sharing in family tasks helps them feel that they belong in the family.



## **Cooking teaches.**

Kitchen tasks give your child a chance to measure, count, and see food change. That's early math and science learning. Your child can learn new words and symbols by cooking with you. Talk about the food and what you are doing. Read words together on food containers.

Small muscle skills develop, too, when your child uses his or her hands to help with kitchen tasks.

Cleanup teaches responsibility. It's part of many creative, messy things we do.

## **Cooking together is fun family time.**

Kitchen time offers a special parenting chance. Cooking together creates closer bonds and lifelong memories. It's also a chance to talk and hear what your child has to share.

# Let's Cook Together

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## Kitchen Safety Rules For Kids and Families

- Fasten hair back if it's long.
- Wear clean clothes, maybe with short sleeves.
- Get started with hand and table washing.
- Taste with a clean spoon. A licked spoon goes in the sink, not back in the bowl.
- Resist nibbling cookie dough or cake batter.
- Stay away from hot surfaces and utensils and sharp objects. An adult needs to help.
- Work at a table, child-size surface.
- Walk slowly. Carry food and utensils with care.
- Wipe up spills.

### Together, follow four food safety rules:

- 1) Be clean.
- 2) Keep raw and cooked food separate.
- 3) Cook food to proper temperature.
- 4) Refrigerate perishable food right away.

## Pick kitchen tasks that match your child's abilities.

- 1) Start: stir, pour, shake, tear
- 2) Then: spread, mix, and knead
- 3) After that: cut, grate, and measure (with supervision)

### Think about this!

- **If your child makes a cooking mess, it's okay! Young kids don't have the same muscle coordination and skills that you do.**
- **Even if meals take longer to prepare, it's worth letting your child help. Kitchen time is learning time that you share together.**

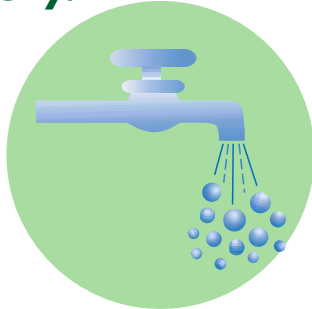


# Fight BAC!

## Keep Family Food Safe

### **CLEAN:** Wash hands, counters, and your table often and carefully.

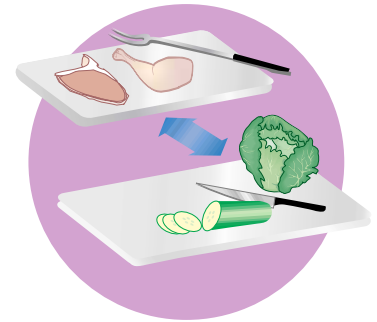
Bacteria that make you sick are invisible. Yet they can spread everywhere in your kitchen, then to the food your family eats. *Involve your child with food safety at home:*



- Make proper hand washing a family habit: *before and after* handling food, and *after* using the bathroom, changing diapers, and handling pets.
- Wash kitchen utensils and surfaces with hot, soapy water. *Let your child help.*
- Wash cutting boards and sponges in hot, soapy water, *each time* they're used.
- Clean with paper towels; toss them when you're done. Wash cloth towels often in the hot cycle of your washing machine. *Make cleaning fun with colorful towels.*

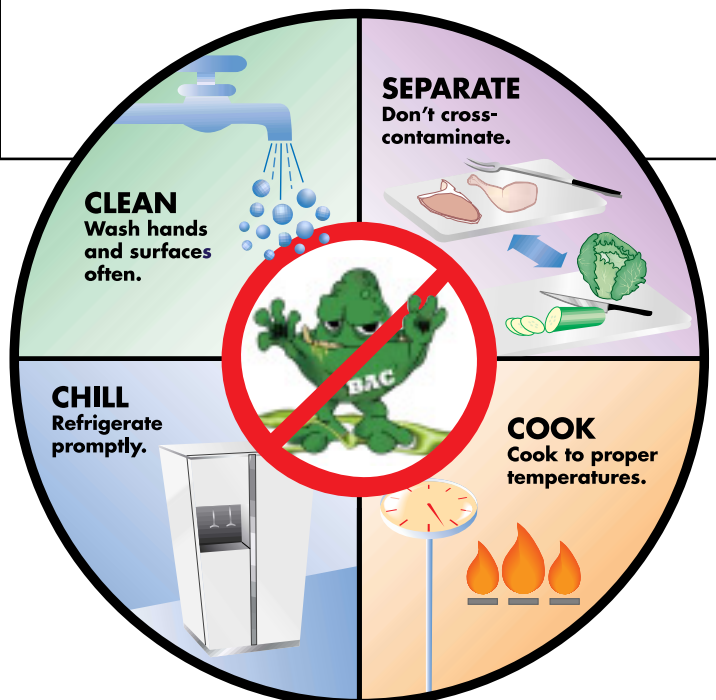
### **SEPARATE:** Keep raw and cooked food separate.

Harmful bacteria can spread from one food to others. *Show your child how to separate raw meat, poultry, and fish from other foods.*



- Keep raw meat, poultry, and fish wrapped, in sealed containers or plastic bags, so the juices won't drip out.
- Wash anything (including your hands) that touches raw meat, poultry, or fish before using it with other food.
- Never put cooked food on the same plate or cutting board that held raw food – unless you wash it first.

Hang on the refrigerator as a family reminder. Check ✓ off what you already do!



# Fight BAC!

## Keep Family Food Safe

### CHILL: Refrigerate food right away.

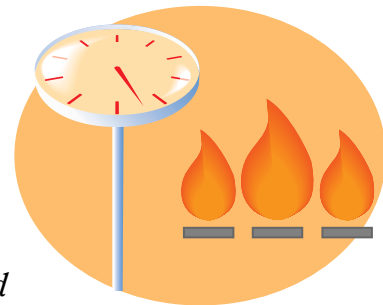
Cold temperatures keep bacteria from growing and multiplying. *Your child can help keep foods cold:*



- Make sure the refrigerator door closes. Together check the temperature: refrigerator – below 40 degrees Fahrenheit; freezer – below 0 degrees Fahrenheit.
- Thaw frozen food in the refrigerator or microwave oven, not on the counter.
- Chill foods that spoil. Freeze or refrigerate leftovers and other cooked foods within two hours of cooking.
- Put leftovers in small, shallow containers to cool faster.

### COOK: Cook food to a safe, proper temperature.

To kill food-borne bacteria that can make you sick, cook food long enough and at a high enough temperature for that food. *Show your child how carefully you check:*



- Use a clean meat thermometer to check:
  - Cooked hamburgers: at least 160 degrees.
  - Whole, cooked chicken: 180 degrees.
- Cook eggs until yolks and whites are firm.
- Cook fish until it's not shiny and it flakes easily with a fork.
- Reheat leftovers to at least 165 degrees.
- Wash your thermometer with hot, soapy water. Wiping with a towel isn't enough.
- Be sure your microwaved food has no cold spots. Turning (by hand or turntable) and stirring while food cooks helps.

# Grow a Family Garden!

**Gardening offers family fun. In a garden, you can be active, relax, and spend time together.**

**Growing vegetables or herbs teaches children that plants, like people, need food and water to grow and stay healthy. Caring for plants helps develop responsibility. It also builds self-esteem when kids see what they can grow.**



**A garden can teach your child about new foods. Kids usually taste what they grow!**

## What you need:

- Containers for city gardens: milk and juice carton, empty cans, empty bleach bottle, dishpan, plastic bucket, fish bowl, bushel basket
- Garden plot: a two-foot plot is big enough. Hint: Preparing soil is hard for young children.
- Child-size tools: watering can, hose, small shovel, old spoon and fork, small rake, digging stick, hoe and spade, sticks to label plants
- Seeds or seedlings (young plants)
- Water for your hose or watering can
- Soil for container gardens
- Fertilizer: compost, manure, chemical types

## Easy foods for kids to grow:

- Beets,\* carrots,\* cherry tomatoes,\* collard greens,\* cucumbers,\* green beans,\* herbs,\* lettuce,\* okra, onion,\* peppers,\* spinach, tomatoes, zucchini
- In windowsill pot: herbs, seeds to replant as young plants in the garden.



**What would your child like to grow?**

**Try them!**

*\*This grows easily in a container.*



Provided by \_\_\_\_\_



# Grow a Family Garden!

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## “I Can Grow Things!”

Most kids are proud of what they grow. Even when gardening is messy, your child is learning. He or she can help with almost any gardening task. It's okay if the garden isn't planted perfectly.

- **Pick** the vegetables or herbs we will grow.
- **Find** a sunny place.
- **Make** the soil ready in a container or in the garden.
- **Plant** seeds or small plants in the soil.
- **Water** plants when they are thirsty.

- **Measure** plants as they grow and vegetables form. Talk about it.
- **Pull** the weeds.
- **Pick** vegetables or herbs when they are ready.
- **Wash** the food.
- **Make** something to eat with your family. Use the food you pick.
- **Eat and enjoy it!**



## No Garden?

Volunteer as a family to plant, help care for a community garden, or visit local farmer's markets.

### Tip:

In the city vegetables and herbs grow in a sunny place on the roof, fire escape, or balcony.

### Tip:

Call your County Extension Agent for help.

Phone # \_\_\_\_\_

# Pack a Family Picnic!

## A picnic is fun family time: Indoors or out.

City or county park	Playground	Beach, pool, riverside
Local fair	Your yard	Community center
Relative's home	Parade route	Pick-your-own farm
Community garden	Zoo	<b>Family idea:</b> _____



## What's in Your Picnic Basket?

### No-chill Foods

- Whole fruit, raw finger vegetables (Most can be left at room temperature for a few hours.)
- Dried fruit (raisins, apples, apricots), juice boxes, canned fruit
- Wheat tortillas, bagels, pocket bread, whole-wheat crackers or bread, pretzels, buns
- Nuts, peanut butter, unopened canned meat



### Cooler Foods

- Cooked and uncooked chicken, meat, shrimp or fish, hard-cooked eggs; deli-meat
- Salads that contain cut-up meats, or vegetables, or fruits
- Cheese, string cheese, yogurt, boxed milk
- Single-serving pudding

### Warm-Up Foods

(in an insulated container)

- Soup, hot cocoa with milk
- Baked beans, hot dishes (eat within 1 hour).

## Keep Family Picnics Safe at the Plate!

- **Bring** water and soap to wash hands, surfaces, cutting boards.
- **Bring** a meat thermometer. Use it to grill to safe inside temperature: 160 degrees for burgers; 180 degrees for chicken.
- **Store** chilled foods in a cooler with ice or ice packs.
- **Store** uncooked meat, poultry, or fish for grilling in a well-sealed container. Pack it in the bottom of the cooler so juices won't leak onto other foods.
- **Put** grilled foods on a clean plate, not the plate used for uncooked foods. Disposable paper plates are great!
- **Keep** coolers in the car as you drive, not a hot trunk. At the picnic, keep them in shade under a tree or bench.
- **Return** chilled foods to the cooler right after serving.
- **Discard** leftover meat, chicken, fish, eggs, and foods made with them if left out for one hour.



# Pack a Family Picnic!

## Turn Family Picnics Into Active Family Fun

- Explore with a nature scavenger hunt.
- Walk or ride bikes on a nature trail.
- Sled or ice skate on a winter picnic.
- Play water catch at the beach or pool.
- Bring a rubber ball, Frisbee, jump rope.
- Do a city “walk around” to explore.
- Kids like to dance. Ask your child to pick music tapes or CDs. Pack along a player!

## Enjoy a Pretend Picnic!

Young children like to play “pretend.” Make an everyday meal into an indoor pretend picnic. Let your child pick the menu and set the table with colorful napkins, plastic utensils, and paper plates. Play “The Teddy Bears’ Picnic” song if you have it. Let your child invite a teddy bear, too.



# Active Living For Families

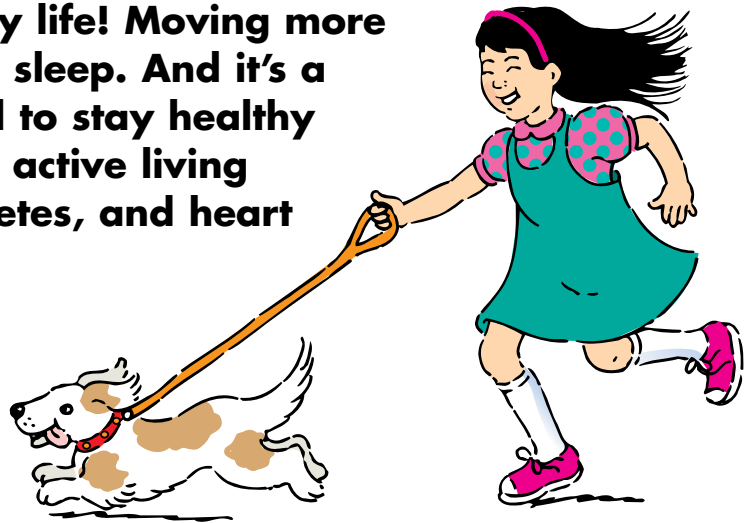
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**Active living helps your family enjoy life! Moving more boosts energy and promotes sound sleep. And it's a lifelong way for you and your child to stay healthy and keep a healthy weight. In fact, active living lowers the chances of obesity, diabetes, and heart disease – for you and your child.**

## How can you raise an active child?

**Get moving yourself!** Children often “inherit” their family’s lifestyle. If you do active things, chances are your child will, too. Adults set the tone for active living in the family.

**Fit activity in your family life.** You don’t need to spend extra money, or even get involved in sports. You can all be active – just by doing everyday things.



**Do more than watch.** Play! Let yourself feel young enough to play, especially with your child. Playing is okay at any age! If you forgot how, your child can show you. Your involvement and enthusiasm support your child’s play.

**Set limits on TV and computer time** – for the whole family. That leaves more time for active play.

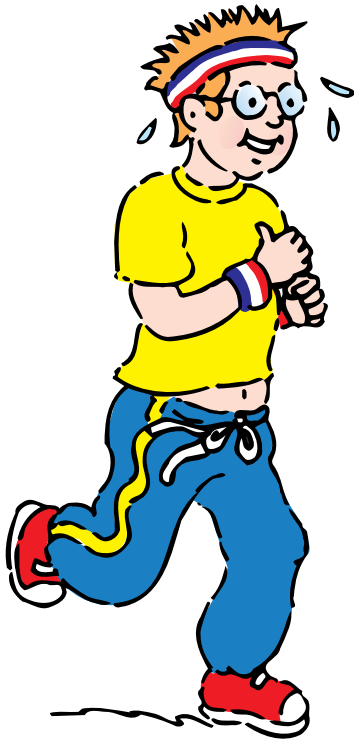
**Parent Alert.** *Children need at least 60 minutes of physical activity on most days. Competitive sports aren’t the best choice for most young children. Children naturally start to do things in groups about eight to 10 years of age. Let them choose the type of activities they enjoy.*



# Active Living For Families

**Let's move!** Is your child in “constant motion”? With your support, he or she likely moves enough during the day.

**Here's a guideline for you.** Try to fit in at least 30 minutes of moderate physical activity on most days. A moderate activity is equal to walking 2 miles in 30 minutes. Three 10-minute chunks of active time are okay, too. If you've been out of action for a while, start slowly. Being active with your family counts!



## We Can Move More!

Try these everyday ways to get your family moving! *Jot down ideas that fit your family, too.*

- Walk to the playground, store, or a friend's home.
- Use stairs when you can.
- Sweep the sidewalk.
- Wash the car – or the dog.
- Put away toys.
- Wash, sweep, or vacuum floors.
- Dust or polish furniture.
- Pick flowers or vegetables. Dig weeds.
- Rake leaves.
- Shovel snow.
- Play Frisbee with the dog.
- Park at the far end of the lot, so you all get to walk.
- Help an older neighbor or relative with these tasks.

## Your family's ideas:



# Child's Play!

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**Your child is designed to move! Most kids like to climb, crawl, run, jump, swing, tumble, twist, stretch, and peddle. In fact, active play is the “work” of a childhood. By moving more and sitting less, your child also learns to live in a healthful way.**

## **Active play can promote:**

**Cooperation and sharing** as your child plays and learns to get along with others

**Curiosity and creativity** as your child explores his or her world

**Confidence and independence** as your child learns to make choices and control his or her actions

**Learning** as your child's body and brain develop a better ability to learn

## **Active play can develop body skills:**

**Strength, flexibility, and endurance** to explore and experience the world safely

**Coordination** of small and large muscles, which helps with overall learning

**Body awareness** as your child learns what his or her changing body can do

## **Active play promotes:**

**Stress relief and good sleep** as your child uses up extra energy and learns a healthful way to get rid of stress (good for you, too!)

**Healthy weight** since moving more and sitting less helps lower the chances of overweight

**Lifelong health** – Keeping your child active now helps protect your child from getting diabetes at a young age. Moving more helps lower the chances of diabetes and heart disease later in your child's life. Yours, too!

## **Active play is fun for your child and you!**

When you move more, your child will, too.



# Child's Play!

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## Surround your child with active fun!

- **Set aside a play area inside.** Find a safe spot where your child can tumble, roll, jump, and toss things – without breaking something or getting hurt.
- **Have a place outdoors** to run and kick a ball.
- **Turn active play into family time,** maybe after a meal.
- **Ask babysitters to play actively with your child:** perhaps toss a ball, take a walk, or play tag or catch!
- **Gather “active” toys.** A ball or a tricycle encourages active play.
- **Join a playgroup** where young children and grownups play together.
- **Pick fast-food restaurants with a play area.** Allow time for play.
- **Make active play a day care priority.** Find day care that offers safe, active play that matches your child's abilities. Visit to see and ask what they do, for how long, and how often.

## **Safety Alert! Always stay with your child.**

Children don't have life experiences to foresee danger. They may not have body skills or strength to move away from trouble. When kids play, they may not notice when they're cold, wet, overheated, or in possible danger either. *Bonus: By supervising, you also have the fun of playing together – and you stay active, too!*



# Let's Move... Cold Weather Fun!

Cold weather offers great ways to have family fun. Take time to play together – and move more. You'll all feel good! As an adult, you need to move for at least 30 minutes on most days. Your child needs at least 60 minutes of moving on most days.



## Get Moving INDOORS

- **Act out a story.** Read a book together; move to give it action. If it's a book about food, make it in the kitchen together later.
- **Create an obstacle course.** Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.
- **Turn up the music and dance.** Swing your arms like a conductor. Or move to the music like a cat, bird, horse, elephant, or bug. You do it, too!
- **Make bread, soft pretzels, or pizza.** Knead, shape, and roll dough. It's good for arm muscles. Tip: buy frozen dough to keep it easy for you!
- **Start planning your garden.** Find a library book about kids and gardening. Look at seed catalogues. Plan for spring.
- **Your family's ideas:**



## Get Moving OUTSIDE

- **Enjoy autumn leaves.** Rake leaves in a pile. Enjoy the pleasure of jumping in it!
- **Bundle up for snow play.** Create angels. Make a "snow family" – with a pet. Go sledding. Climb a snow mountain. Make paths through the snow.
- **Take a nature hike.** Look for animal tracks in the snow, wild flowers and buds in early spring, or colorful fall leaves.
- **Walk in the zoo!** See how animals look with their winter coats on. Talk about how they live in the cold weather. No zoo? Look for squirrels and birds in the park.
- **Take a neighborhood walk.** How does it look different in cold weather?
- **Decorate an outdoor tree for the birds.** Hang apples, pinecones rolled in peanut butter, or popcorn strings.
- **Your family's ideas:**

# Let's Move... Cold Weather Fun!

## Play Safe Outdoors!

- **Always stay with your child for safety's sake.** You also have the fun of playing together!
- Protect your child's skin with sunscreen – even in cold weather.
- Check the safety and conditions of sleds and other play equipment.
- Bring water if your family is outside longer than an hour. When you move a lot, you sweat – even in winter!

## In cold weather

- Cover your child's head with a hat, maybe earmuffs. A lot of body heat gets lost through an uncovered head. A hood can interfere with moving and seeing.
- Dress your child in layers for warmth. Be sure that he or she can move easily for fun and safety.
- Tie a scarf over your child's nose and mouth to warm air that's breathed in. Tuck the scarf inside the coat so it won't get caught in play equipment and choke your child.
- Remember mittens or gloves and boots!



# Let's Move... Warm Weather Fun!

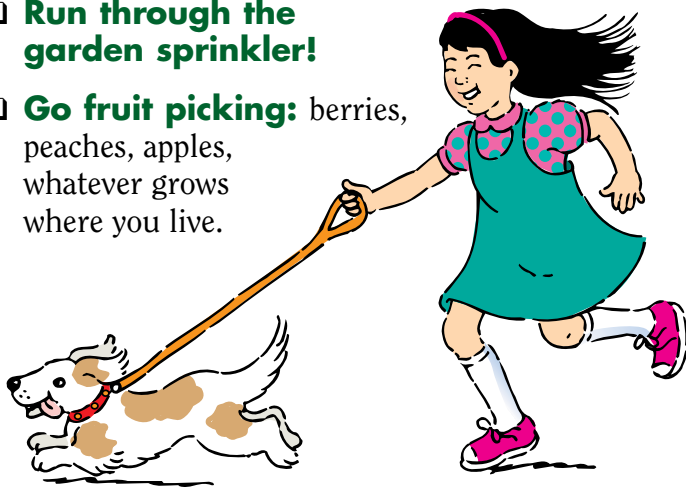
**When the weather is warm, play outside together! You don't need to spend money to fit active fun into your family life.**

Try to move for at least 30 minutes on most days. Your child needs to move at least 60 minutes on most days. You'll both feel good!

Check (✓) five active ways your family might have fun. Jot down their ideas, too.

## Get Moving OUTDOORS

- Create sidewalk art.** Use colored chalk, or “paint” with water and brushes.
- Chase shadows** in the summer sun or the light of a full moon.
- Play hopscotch.** Draw a hopscotch game on the sidewalk. Young children can jump from square to square. Older kids – and you – can hop, stoop, and bend!
- Create a parade!** Dress up kids, adults, and pets. Decorate wagons, tricycles, bikes, and strollers.
- Visit a farmer's market.** Walk and talk about the foods. Buy something to prepare and eat at home.
- Run through the garden sprinkler!**
- Go fruit picking:** berries, peaches, apples, whatever grows where you live.
- Splash:** in a pool, lake, or slow, clean stream.
- Fly a kite. Blow bubbles.** Safely follow, wherever they go!
- Walk to the store or library** – even if it takes longer. Talk about what you see along the way.
- Visit a petting farm.**
- Celebrate an outdoor festival.** Look for activities planned for young children.
- Enjoy a playground** – if it's equipped for young children.
- Play games that move:** “Ring-Around-the-Rosie,” “London Bridge,” others.
- Plan a “wash day”:** wagons, tricycles, outdoor toys – and the family pup.
- Go on a nature hike.** Look for wild flowers, insects, bird's nest, rocks, leaves, shells, butterflies, and other natural things.
- Work in a garden,** maybe your own.
- Your family's ideas:**



Provided by \_\_\_\_\_



# Let's Move... Warm Weather Fun!

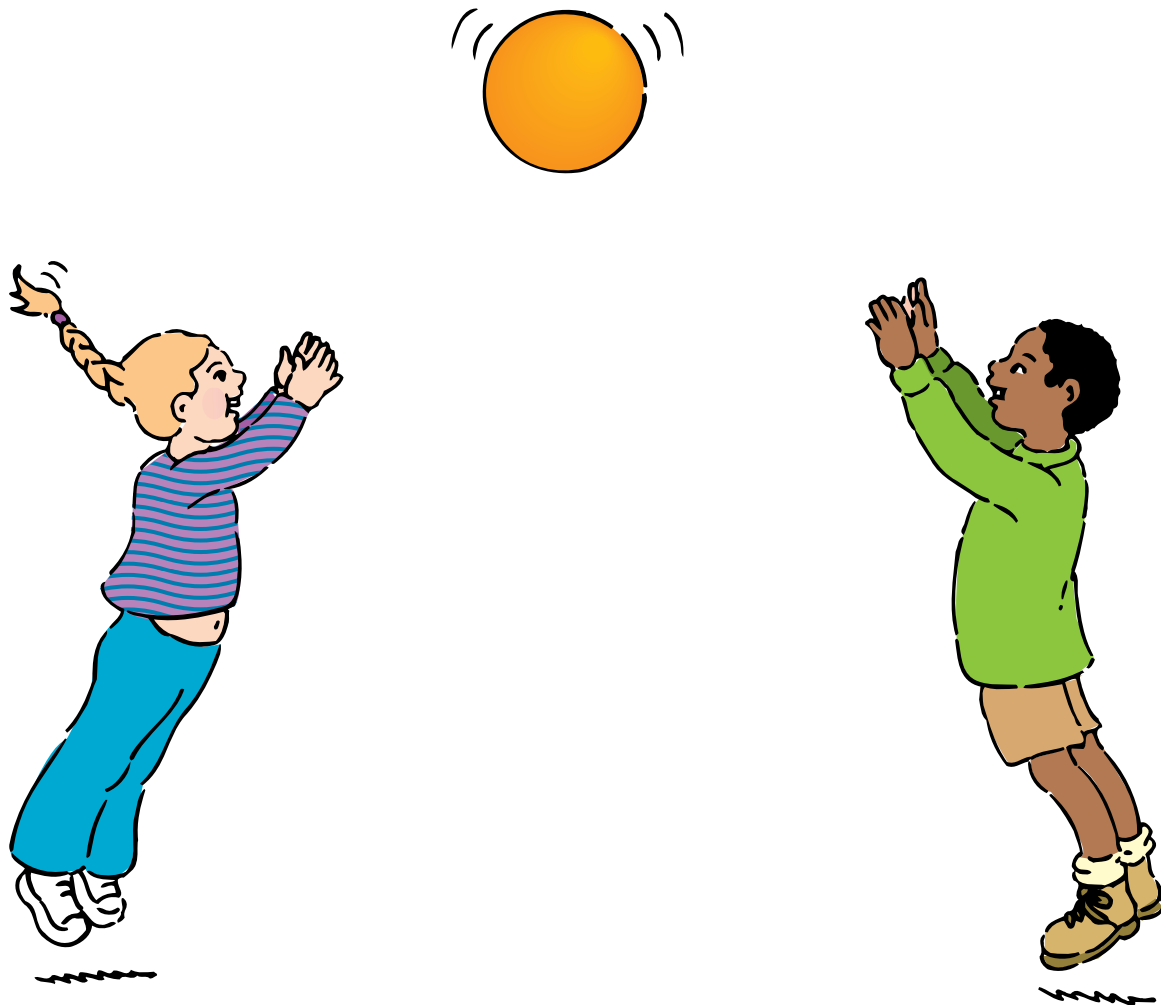
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## Play Safe Outdoors!

- Always stay with your child for safety's sake. You also have the fun of playing together!
- Protect your child's skin with sunscreen and perhaps a hat – even on a cloudy day.
- Bring water. Even when your family swims and plays in the water, you sweat.
- Check the safety and condition of tricycles and other play equipment.

## Teach your child to

- Play with balls in a safe place, away from the street.
- Stay safely away from swings and other moving play equipment!
- Wear a helmet when skating or biking, even on a tricycle. You, too!
- Use tricycles and toys with wheels on the sidewalk, not in the street.



# Getting Nutrition Advice for Your Family

## Advice You Can Trust

Smart nutrition advice is based on good science.

- Comes from reliable sources:
  - Public health agencies
  - Hospital or health clinic
  - Government sources
  - Universities
  - Qualified nutrition experts, such as a registered dietitian (RD) or an Extension agent (EFNEP)
- Offers nutrition advice as part of an overall healthful way of eating.
- Applies to your child, your family, or you – not people whose age or health condition differ.
- Tells about scientific studies that back up any advice. You need to learn what nutrition experts say about nutrition news before you follow the advice or change your family's food choices.

Does it seem like nutrition is always in the news? How do you know if you can trust what you read or hear?



## Top Sources of Nutrition Advice

### Government resources

- State or county Extension Agents:  
Phone # \_\_\_\_\_
- All government web sites:  
<http://www.nutrition.gov>

### Nutrition organization

- The American Dietetic Association  
Phone: 1-800-877-1600  
Web site: <http://www.eatright.org>

### Great resources in your community!

- WIC Office \_\_\_\_\_
- Extension agent \_\_\_\_\_
- Your health care provider \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Try this:

Find out where you can get smart advice about healthful eating. Write down the names and phone numbers.

Provided by \_\_\_\_\_

# Getting Nutrition Advice for Your Family

**You know about feeding your family. And there's more to learn!**

**Get smart, sensible nutrition advice from experts. Your family's health depends on it.**



## **Warning Signs!**

Beware of nutrition advice that:

- Promises quick, easy benefits.
- Sounds too easy or too good to be true.
- Uses words like “secret,” “magical,” or “miracle.”
- Appeals to your emotion.
- Describes foods as “good” or “bad.”
- Tries to scare you.
- Offers advice from people who really aren't experts.
- Tries to sell something.
- Ignores advice from qualified nutrition experts.
- Gives advice from just one study.
- Places attention on just one food or type of food.

# Pyramid Servings: How Much? How Many?

Smart eating is part of growing and staying healthy. Use the Food Guide Pyramid as your guide for making daily food choices. Paying attention to Pyramid Serving Sizes can help you find out if you eat enough or too much of some foods.



## What Counts As a Serving?

### Milk Group .....2 to 3 Servings each day

*size of:*

- small milk carton (8 oz) = 1 cup milk
- 2 batteries (9-volt ) = 1 1/2 ounce natural cheese
- baseball = 1 cup yogurt (8 oz)

### Meat & Beans Group .....2 to 3 Servings each day

*size of:* (for a total of 5 to 7 oz each day)

- deck of cards = 2 to 3 ounces meat
- baseball = 1 cup cooked beans (= 2 ounces)
- roll of film (35 mm) = 2 tablespoons peanut butter (= 1 ounce of meat)

### Vegetable Group....3 to 5 Servings each day

*size of:*

- deck of cards = 10 french fries
- small computer mouse = 1/2 cup vegetables
- baseball = 1 cup raw, leafy vegetables

### Fruit Group .....2 to 4 Servings each day

*size of:*

- baseball = 1 medium apple, orange, pear
- 6 oz can = 3/4 cup fruit juice
- small computer mouse = 1/2 cup chopped or canned fruit

### Grains Group .....6 to 11 Servings each day

*size of:*

- computer disk = 1 slice bread
- baseball = about 1 cup ready-to-eat cereal
- small computer mouse = 1/2 cup cooked rice, pasta or cereal

Provided by \_\_\_\_\_

# Pyramid Servings: How Much? How Many?

## How many Pyramid Servings do **YOU** need each day?

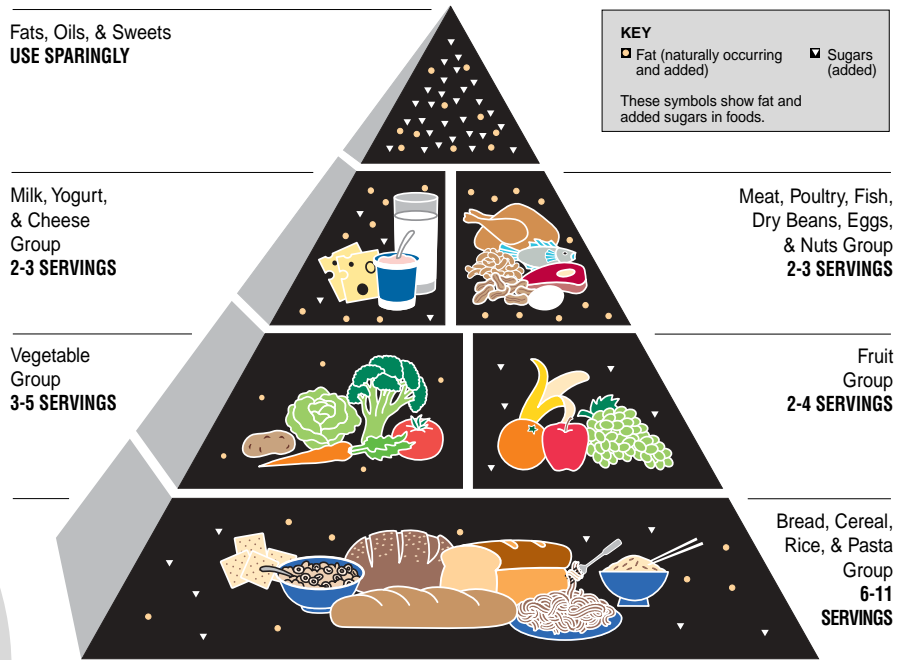
	Most women Children (ages 2-6)	Active women Older children Teen girls Most men	Teen boys Active men
<b>Food Groups</b>	<i>fewest servings</i>		<i>most servings</i>
<b>Daily Servings Needed</b>			
<b>Milk</b>	2 or 3*	2 or 3*	2 or 3*
<b>Meat &amp; Beans</b>	2	2	3
<b>Vegetable</b>	3	4	5
<b>Fruit</b>	2	3	4
<b>Grains</b>	6	9	11
Total Calories each day	1,600 Calories	2,200 Calories	2,800 Calories

\***Adults** (age 50 and over), and **Children and Teens** (ages 9 to 18) need 3 servings from the Milk Group each day.



# How Much Do You Eat?

...When you shop, eat out, or enjoy food at home, estimate how much you eat. Use these shapes as your way to remember the size of Pyramid Servings.



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

## baseball

- = 1 cup leafy, raw vegetables
- = 1 medium apple, orange, or pear
- = about 1 cup ready-to-eat cereal
- = 1 cup yogurt
- = 1 cup cooked, dry beans

## small computer mouse

- = 1/2 cup cooked vegetables
- = 1/2 cup chopped or canned fruit
- = 1/2 cup cooked cereal, rice, or pasta

## deck of cards

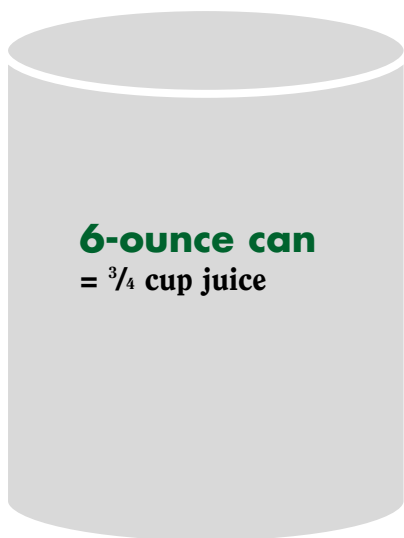
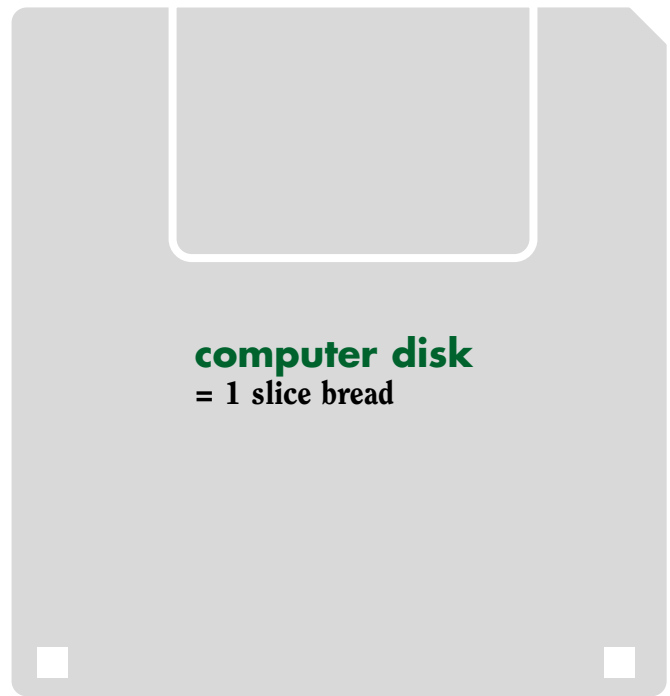
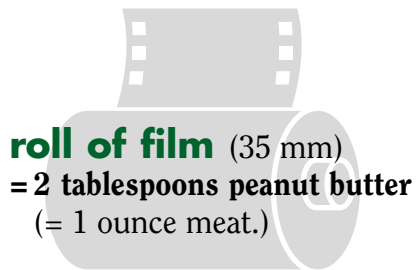
- = 2 to 3 ounces of meat, poultry, fish
- = 10 french fries

Here are actual size outlines of different items.

Provided by \_\_\_\_\_

# How Much Do You Eat?

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**Use the Pyramid Servings like measuring tools – to estimate the amount you eat, compared to the amount you need**

